

Incognito Appliance Instructions

The following information is to explain what to expect when you have your “Lingual” appliance fitted and how to look after the appliance to enable it to work effectively. If the instructions given are followed carefully, your treatment will progress swiftly to best effect.



Care of your appliances.

The appliances are very sophisticated and whilst they are carefully designed to tolerate being in the mouth, a little extra care is called for to keep them in good working order and prevent breakages. Also it is essential that the appliances are kept thoroughly clean to reduce the risk of damage to the teeth and gums during treatment.

Foods you should and should not eat. Decay occurs when the bacteria in plaque are fed with sugar in your diet. When the bacteria eat this sugar they produce acid. This acid attacks the teeth and causes decay. The bacteria also infect and damage the gums making them swollen and inclined to bleed on brushing. Braces can be kept clean as long as you take time and are thorough and disciplined over your oral hygiene procedures and avoid sweets and sweet drinks. If you feel the

need to snack, substitute savoury foods such as crisps and peanuts or an extra sandwich in your lunch box. A dessert at mealtime is not such a problem but you should brush after the meal if you have had something sweet. Otherwise a good brush morning and evening getting the bristles under the archwires and around the gums is sufficient. (It should take you approximately 3- 4 minutes) The daily use of a fluoride rinse will also help to toughen the teeth and prevent marking.

Eating: Do take your time with food. Cut it up a little smaller. Avoid really hard and crunchy foods. If you take a bite out of a large crusty roll you will break brackets off which will interfere with progress. Prevention of damage to the brace is most important. So use your best judgement.

Do take the opportunity when cleaning the teeth to check for any damage. If there are any problems it is important that you let us know as soon as possible by phoning the practice. If the problem can be dealt with easily an extra visit may be avoided, however we will make time available to see you if there are more serious problems. Remember that a broken brace is not working at its best and that it may even be causing unwanted tooth movements that will make your treatment take longer.

So, please keep in touch.

What to expect following fit of your appliances.

Brackets will have been bonded on to the teeth using an acrylic adhesive and your archwires placed. This adhesive is strong but not indestructible therefore the previous comments on care need to be respected. It will normally take 1-2 hours for the adhesive to reach full strength and extra care should be taken over this period. What will you feel?

Rubbing: For the first 2-3 days the brackets may rub a little on the tongue. This is because the tongue is not used to the brackets being there. After a few days the tongue stops bumping into the brackets and any soreness should settle.

Over this period you should use the silicone putty supplied. It is also available from reception for short-term use if required.

Speech: The tongue needs time to “learn” the new contour of the mouth with the brace present. It will do this through feedback – the more you speak, the faster the accommodation to the new brace and the speech will settle and we would expect speech to settle largely over the first week. Occasionally there remains some small disturbance of speech while the braces remain in place.

Tenderness: All the teeth are on the move now and so there may be some tenderness in the first few days. A softish diet and analgesics if required should be all that is needed. If you have any discomfort that is not settling after 4-5 days or you feel that something has broken please get in touch as soon as possible.

Once the appliance has settled, any further discomfort should be minimal.

Remember:

Take care not to break the brace. Do not pick at it, bite pens or chew your nails.

- Avoid sweets.
- Keep the brace thoroughly clean.
- Use a fluoride rinse.
- Avoid hard food.
- Keep a close eye on your appliance.
- Let us know by phoning the surgery as soon as possible if the brace is broken.
- You must maintain your regular check-ups with your own Dentist even though you are seeing the Orthodontist.

Finally, we would ask you respectfully to appreciate our efforts to keep the costs of providing our service to you as low as possible. To do this it is essential that you do three things:

1. wear your appliances as directed
2. keep us closely informed of any problem that you may have
3. attend punctually at the time of your appointment.