

Braces Care & Tips 101

Everything you need to know to keep your treatment on track

Braces do most of the work, but a little care from you each day makes a big difference — fewer breakages, less discomfort, and a smoother path to your final result. Treatment usually takes around 12–30 months, and how well you look after your brace has a real effect on how smoothly (and quickly) that goes.

Settling in

It's normal for your teeth and gums to feel tender for about 3–5 days after braces are fitted or adjusted, and for your cheeks and lips to feel some irritation while they get used to the brackets — orthodontic wax over any spot that rubs helps a lot, and regular over-the-counter pain relief is fine if needed. You'll usually be seen every 5–8 weeks for adjustments. It's also important to keep up routine check-ups with your regular dentist throughout treatment, separate from your visits with us.

Eating with braces

Hard, sticky, or chewy foods can bend wires, loosen bands, or pop brackets off — which slows your treatment down. A few habits make a big difference:

- Avoid sugary snacks and drinks between meals and at bedtime, and fizzy drinks (including diet versions).
- Keep fruit juice to mealtimes only, and use a straw where possible.
- Cut hard foods like apples, carrots, or crusty bread into smaller pieces rather than biting straight in.



Sticky sweets can pull brackets off or get lodged around wires — best avoided.



Chewy caramels and toffees are a common cause of breakages — steer clear during treatment.

Daily cleaning basics

- Brush after every meal if you can — food traps easily around brackets and wires.
- Angle your brush along the gumline and above/below each bracket, not just straight-on.
- Aim for at least 2 minutes, morning and night, at minimum.
- Add an alcohol-free fluoride mouthrinse once daily, at a different time from brushing — avoid eating or rinsing with water for 20 minutes after use.



Brush at an angle to reach both above and below the wire.

Cleaning tools that help



An electric toothbrush can make thorough cleaning around brackets easier.



Interdental brushes clean the gaps between brackets and wires.



Floss threaders or superfloss let you floss under the main wire.

Watch out for these: white or brown patches near the gumline can be an early sign of decalcification (also called white spot lesions) — a result of plaque sitting on the tooth for too long. It's easily prevented with consistent brushing, but harder to reverse once it appears.



Example of decalcification / white spot lesions from plaque build-up around brackets.

Other possible risks

- **White spot lesions** — covered above; the best protection is consistent brushing and cutting back on sugary snacks/drinks.
- **Relapse** — teeth can drift back towards their original position if retainers aren't worn as advised. We'll recommend the wear routine that suits your case.
- **Root resorption (rare)** — a mild, usually harmless shortening of the tooth root that can occur with any orthodontic movement. Your risk is higher if you've had previous dental trauma, existing root resorption, or impacted teeth.

If something breaks or pokes

- A poking wire can be gently pushed back with the eraser end of a pencil, or covered with wax in the meantime.
- Contact us as soon as reasonably possible rather than waiting for your next routine visit — a delay can slow your treatment down or risk damage to your teeth.
- Repeated breakages add to your overall treatment time, and replacement parts may come with a fee.

Sports & instruments

- Wear a gumshield for contact sports, and for helmeted activities like cycling, roller-blading, or horse riding.
- Playing a wind or brass instrument may feel different at first — worth a quick chat with your music teacher.

After your braces come off

- You'll be fitted with retainers to hold your teeth in their new position.
- Teeth can drift back without consistent retainer wear — we'll advise exactly how long and how often.

Evidence-based approach

Specialist-led treatment

We're one WhatsApp away

This leaflet is for general patient education and does not replace individual clinical advice.