

## **FIXED APPLIANCE ON THE FRONT TEETH**

We are going to put braces on your front teeth. Usually it concerns the 4 incisors and one tooth further back on each side (in green on the picture).

The goal is to align in a simple and efficient way the 4 incisors.



### **FITTING :**

They are glued on the teeth.  
There is no pain. It takes about 15-30 minutes.

### **AFTER 2-4 HOURS :**

Fixed appliances are like putting on new shoes a little stiff :  
They are tight when put on but no pain. After some hours the tension could result in slight discomfort.

You will also notice that your teeth have become sensitive to pressure or biting.

**THIS WILL LAST FOR ABOUT 2 DAYS.**

As you have only a few brackets the discomfort will be small.

You have to be careful not to break or dislodge what has been put in your mouth.

Do not bite on pens or other hard things (nails...).

Brackets can also hurt the inside of your lips. We will give you wax to put on the brackets the first days.

### **FOOD:**

Two first days you will eat soft food. After it will be ok but you have to avoid hard food (apples, carrots, hard candy, etc...).

### **PEELED BRACKET OR WIRE PROBLEM:**

If you do not have much discomfort and if your next appointment is in the next 5 days you can wait until your appointment.

Otherwise call us and ask to come soon to have repaired what is broken.