

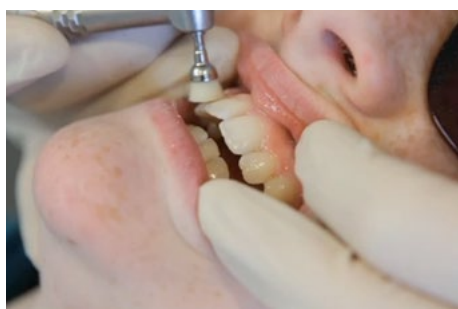
Brighter smiles. Brighter you.

# treatmentinformation



## Fitting a fixed brace.

Fitting a fixed brace is a very simple procedure and is nothing to worry about. We talk you through it step-by-step and we never do anything without talking to you about it first.



### Step 1: Polishing your Teeth

The first thing we do is to polish the teeth with a small rotating electric toothbrush and a slightly gritty toothpaste.



### Step 2: Preparing your Teeth

The next step is to prepare the teeth for the brackets. We use a small plastic retractor to pull the cheek out of the way of the teeth, then we paint the teeth with a special cleaner which tastes a bit like lemon.



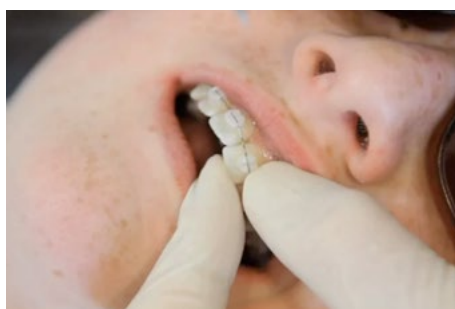
### Step 3: Adding the bracket glue

We now dry the teeth and paint a small bit of glue on each tooth. This is used to hold the brackets on each tooth.



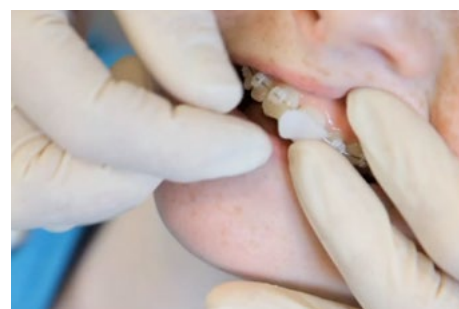
### Step 4: Adding the Brackets

When we're happy that the position of the brackets are right we use a special torch with a very bright light to shine on the glue to make it set quickly.



### Step 5: Fitting the wire

Once we have all the brackets in place on the teeth we put the wires in. There are various different ways of fitting the wires to the brackets. A common method is using small elastic hoops called 'O rings'.



### Step 6: Protective Wax

When you first wear your brace it can feel a little scratchy. We provide you with some special wax. Simply wrap a small pea sized amount around the area of the brace which is causing the irritation.

For more information and videos on this procedure and other orthodontic treatments please visit our website:

<http://confi-dent.co.uk/patients/educationalvideos.php>