INFORMATION FOR PATIENTS AND PARENTS OR CARERS

You've had a **breakage**

How to help your brace stay in one piece

Portadown Orthodontics, Heathwood House · www.portadownorthodontics.co.uk

PORTADOWN ORTHODONTICS

Don't worry: breakages happen, and we have repaired your brace today. Most breakages are caused by food or habits, so a few small changes can make a big difference.

Why breakages **matter**

They slow treatment. Teeth stop moving as planned until the brace is fixed.

Repairs replace progress. Appointments get used for repairs instead of moving your teeth.

Foods and habits **to avoid**

Hard foods

- Nuts and hard sweets
- Crusty bread and pizza crusts
- Ice and popcorn (especially the kernels)
- Whole apples and carrots (cut them up first)
- Crackling

Sticky and chewy foods

- Toffee and caramel bars
- Chewing gum
- Chewy sweets

Biting with your front teeth

- Don't bite into food with your front teeth
- Cut food into small pieces and chew with your back teeth

Habits

- Nail biting
- Chewing pens or pencils

Fizzy and sugary drinks won't break your brace, but they can damage your teeth around it. Keep them to mealtimes, or better still, choose water or milk.

Safer **choices**

- Soft fruit such as bananas and berries
- Apples and carrots cut into thin slices
- Pasta, rice and potatoes
- Soft bread and wraps
- Yoghurt and cheese
- Eggs, fish and tender meat cut small
- Soft cooked vegetables
- Water and milk to drink

If it happens **again**

If your brace breaks or comes loose, fill in the **Broken brace** form on our website (**Contact us > Broken brace**). We will check how urgent it is and get back to you. If something is sharp and causing pain, call us instead.

www.portadownorthodontics.co.uk/broken-brace.html

Please remember that repeated breakages can make treatment take longer. Under our breakage policy, further breakages lead to extra steps, such as a letter home, and eventually a review of whether treatment should continue.

Look after your brace and it will look after **your smile!**