

Full Fixed Appliance (FFA) / Braces

PERFECT SMILES ORTHODONTICS



Now that you have a Full Fixed Appliance / braces, you may have some questions you would like answered:

What is a Full Fixed Appliance?

Braces are the mechanism any orthodontist will use to “get a handle on the teeth”. In other words, they merely provide an attachment with which we can grab and move the teeth. Traditionally, “Full Braces” involve bands that are placed on the molar teeth (which wrap entirely around the tooth) and “Brackets” that are glued to all teeth in front of the bands.



How long will treatment take with braces?

Treatment with braces normally takes between 12 to 24 months to complete. However, this may vary according to the severity of your case. If you fail or cancel your appointments repeatedly or frequently break your braces, your treatment time will be longer.

How often will I need an appointment?

You will need an appointment every 6 to 8 weeks during treatment to adjust your braces

Will it be painful?

Your teeth will be sore for 3 to 5 days after:

- The initial fitting of the brace.
- Each subsequent adjustment.

If required, mild painkillers such as Paracetamol (Panadol) or Ibuprofen (Nurofen) may be taken to ease the discomfort (please read the instructions for the correct dosage). You will also be given some wax to stop the brace from rubbing on your cheeks and lips.

What about eating?

For your treatment to work well and in the shortest possible time, it is very important that you take good care of your teeth and brace. In order to prevent damage to both, please avoid Sticky foods, hard foods, sugary food, fizzy drinks and excessive amounts of juice (please refer to our No Eats list).

How do I take care of my braces?

It is very important that you brush your teeth and your braces four times a day and with fluoride toothpaste. You should be brushing after meal times including:

- After Breakfast
- After Lunch
- After Dinner
- Before bedtime.

A fluoride mouthwash should also be used before bedtime after tooth brushing.

Be thorough when you brush your teeth, gums and braces. Pay strict attention to the areas where plaque is likely to accumulate:

- The area between your gums and teeth.
- The areas in between and underneath the brackets.

Before and After Treatment



Before treatment



After treatment