



**DONEGAL ORTHODONTICS**  
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## FITTING OF YOUR APPLIANCE - BOND UP

This is possibly your most important appointment and involves the careful fitting of the appliance to start your treatment. The exact placement of the appliance is crucial to making the treatment progress smoothly with all the brackets in the perfect position.

First we carefully polish your teeth before painting them with adhesive and accurately positioning the brackets.

It takes a little time and we encourage you to sit back and take it easy.

This process is not painful, and there is no need for anaesthetic or any pushing or pulling.

Once the appliance is on, the wires are fitted and trimmed and you are ready to go.

The orthodontic assistant will then give you a cleaning and maintenance pack and a full set of instructions to help you care for your teeth and brace.

You will not experience any pain or discomfort during the fitting of the appliance.

During the next day or two you may experience some aching of the teeth which is usually mild and easily controlled with regular pain relievers. You may need to eat softer foods during this time. Please don't worry, this feeling will soon go and you will start to see the teeth moving.

You will also get your next appointment from the receptionist. The next appointment is called an arch wire change. This involves gentle adjustment of the brace to keep the teeth moving in the right direction. Mild tightness may sometimes be felt following an arch wire change.

**Please see the pdf re Care of teeth and appliance**

