

# THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care

## A COMPLETE GUIDE TO FIXED BRACES



### IN THIS ISSUE:

1-3 - Are you considering braces? Read our complete guide, treatment, process and aftercare

4 - Business of the month is project management company, Neovate. If you need support through complex IT projects, give Adam a call.

5 - The latest events, activities and food & drinks in the North East.

6 - The impact of vaping on your oral hygiene

### TREATMENT, PROCESS AND AFTERCARE

For decades, fixed braces have been a reliable and effective solution for orthodontic issues. If you are considering fixed braces or have just begun your treatment, it is essential to understand the process and how to care for your braces to achieve the best results. This guide will walk you through the journey from the initial consultation to the final stage of aftercare.

#### What Are Fixed Braces?

Fixed braces are a type of orthodontic appliance made up of brackets, wires, and elastic bands that are attached to your teeth for the duration of the treatment. Unlike removable aligners, fixed braces remain in place, exerting continuous pressure to gradually move teeth into the desired position. They are a popular choice for both teens and adults who want to correct issues such as crooked teeth, gaps, or bite misalignments.

*Read the full article on the next page...*

### 1. Initial Consultation:

The journey to a perfect smile begins with an initial consultation with one of our dentists. During this appointment, they will assess your teeth, gums, and jaw structure. This may involve taking X-rays, photos, and impressions of your teeth to create a tailored treatment plan. The dentist will discuss your specific needs, the type of braces that would work best for you, and the estimated duration and cost of the treatment.

### 2. Fitting the Braces/Smile Design:

Before fitting the brace you may need to come in for a smile design or one more consultation to finalise the treatment plan and to make sure you fully understand the treatment process!

Once the treatment plan is finalised, your braces will be fitted. This process usually takes one to two hours. The dentist will clean and dry your teeth, then apply a special adhesive to hold the brackets in place. The brackets are then attached to each tooth, and the archwire is threaded through the brackets and secured with elastic bands. You might feel some pressure during this process, but it shouldn't be painful.

### 3. Regular Adjustments:

Throughout the treatment, you will need to come back to the practice every 4-8 weeks for adjustments. During these appointments, we will tighten the wires, change elastic bands, and monitor the progress of your treatment. These adjustments ensure that your teeth continue to move according to plan. Some discomfort is common after adjustments, but it typically subsides within a few days.

### 4. Completion of Treatment:

Once your teeth have moved into the desired position, your dentist will remove the braces. This process is quicker than the fitting and involves carefully removing the brackets and cleaning off any remaining adhesive. After the braces are removed, impressions may be taken to create a retainer.

### 5. Retainer Fitting:

Retainers are crucial to maintaining your new smile. They help keep your teeth in their new position while the surrounding bone stabilises. We will usually attach a permanent retainer on the back of your teeth to keep them in place and a removable retainer to wear at night time. The last thing we want is your teeth moving!

### Take care of your teeth during and after your treatment

Proper aftercare is essential to ensure that your braces treatment is effective and that your teeth remain healthy throughout the process. Here are some key tips:

#### 1. Oral Hygiene:

- **Brushing:** Brush your teeth after every meal using a soft-bristled toothbrush and fluoride toothpaste. Pay extra attention to cleaning around the brackets and wires to prevent plaque buildup.
- **Flossing:** Use a floss threader or orthodontic flosser to clean between your teeth and under the wires. This helps to remove food particles and plaque that brushing alone might miss.
- **Mouthwash:** Rinse with an antibacterial mouthwash to reduce the risk of gum disease and cavities.

*continued on the next page...*





# A COMPLETE GUIDE TO FIXED BRACES: TREATMENT PROCESS AND AFTERCARE

## 2. Diet Adjustments:

- **Avoid Hard and Sticky Foods:** Foods like nuts, popcorn, chewing gum, and toffees can damage your braces or get stuck in the brackets.
- **Cut Up Hard Fruits and Vegetables:** Instead of biting directly into apples or carrots, cut them into smaller pieces to avoid putting too much pressure on the braces.
- **Limit Sugary Foods and Drinks:** High-sugar foods and drinks can lead to tooth decay, especially around the brackets where it is harder to clean.

## 3. Managing Discomfort:

- **Soreness:** It is common to experience some soreness after getting your braces fitted or following adjustments. Over-the-counter pain relievers can help, as can eating soft foods and rinsing with warm salt water.
- **Orthodontic Wax:** If any part of the braces irritates the inside of your mouth, applying orthodontic wax can provide relief by covering sharp edges. We provide you with a care bag which includes orthodontic wax.

## 4. Dealing with Emergencies:

- **Loose Brackets or Wires:** If a bracket or wire becomes loose, contact your orthodontist as soon as possible. In the meantime, you can use orthodontic wax to secure the bracket or move a loose wire back into place with a clean pencil eraser.
- **Lost Elastic Bands:** If an elastic band comes off, it can often be replaced at your next appointment. However, if multiple bands come off, it is best to schedule a visit to your orthodontist to avoid delaying your treatment.

## 5. Retainer Care:

- **Wear as Directed:** Follow your orthodontist's instructions on how often to wear your retainer. This is crucial for maintaining the results of your treatment.
- **Cleaning:** Clean your retainer regularly with a toothbrush and mild soap or retainer cleaner. Avoid using hot water, as it can warp the retainer.



*Fixed braces are a proven method for achieving a beautiful and healthy smile. By understanding the treatment process and adhering to proper aftercare, you can ensure that your orthodontic journey is as smooth and effective as possible. Always follow your orthodontist's advice and maintain good oral hygiene to enjoy the best results from your fixed braces treatment.*

**Book a free consultation with one of our dentists, contact our reception team at [reception@ewanbramley.com](mailto:reception@ewanbramley.com)**

# BUSINESS OF THE MONTH

**IF YOU'RE AN ORGANISATION OR BUSINESS WHO REQUIRES PROJECT MANAGEMENT SUPPORT THROUGH COMPLEX IT PROJECTS, THEN GRAB A FREE CHAT WITH ADAM OF NEOVATE LTD - YOUR LOCAL IT PROJECT MANAGEMENT EXPERT**



Project management is Adam's passion; he simply adores a challenge. He is delivery-oriented and enjoys motivating teams to produce excellent outcomes; he won't give up until the client receives the programme statement of work. Adam places a high value on people, and he easily wins over the confidence and support of stakeholders at all levels who are committed to the project. With an established track record across many industries, he possesses excellent analytical and problem-solving skills as well as significant knowledge of project management and planning.

Adam is your man if you're thinking about project planning and execution, risk management, internal resource management, quality assurance, vendor management, governance, and much more. Having had a successful 25-year career in London and the Northeast, across multiple technology and public sector organisations, working with huge organisations like DWP, MOD, DXC Technology, Lloyds, Vodafone, Virgin Media and many more.

Several years ago, Adam left his corporate job to start Neovate Ltd. He currently works on a contract basis, managing projects for small, medium, and large companies. With his extensive experience in project management, he is assisting local businesses and organisations in effectively implementing work programs and state-of-the-art technologies that will enable clients to maintain a competitive edge while optimising their return on investment and safeguarding their brand.

Adam is a change agent who provides local companies and organisations with a clear direction and proactive leadership. He is skilled at handling resistance to change in unpredictable situations and coming up with creative solutions using tried-and-tested methods to continually build trusting relationships with clients.

The primary goal of Neovate Ltd is to realise the client's vision by providing technical project management contract services.

**If you would like more information, contact Adam on**

**Email: [alizzio2@hotmail.com](mailto:alizzio2@hotmail.com) Tel: 07973 496368**

*"Adam's expertise in programme management and his deep technical knowledge of IT technologies made him an invaluable asset to our project. His ability to navigate the complexities of a multi-supplier environment while ensuring seamless integration and collaboration across all parties was nothing short of remarkable."*

*Adam's leadership skills shone brightly as he coordinated efforts ensuring project milestones were met efficiently and effectively."*

**Paul  
Senior Solutions Architect,  
OpenText**



*"Adam of Neovate Ltd. is an experienced project manager who led a recent IT project that I was working on. He was great at understanding the strengths of the team and creating excellent relationships with colleagues and customer staff."*

*Despite the scope and complexity of the project being much more than had originally been envisaged, Adam successfully managed to keep the project momentum going and the customer's expectations met."*

**Martin  
Technology Director, Micro Focus**



# HELLO SEPTEMBER!

The latest events, activities and food & drinks in the North East.

## BEST VINYL TRADERS OF THE NORTH-EAST FILL UP BOTH THREE TANNERS BANK AND THE ENGINE ROOM, NORTH SHIELDS

Multiple traders spread across two venues.

Vintage and Vinyl from 12pm until 5pm

FREE ENTRY

BOOZE, SCRAN & MUSIC



## THINK YOU'VE GOT THE BEST DOGGIE IN THE NORTH EAST? HEAD ON DOWN TO THE ANNUAL DOG OSCARS AT NORTHUMBERLAND PARK!

Saturday 14th September, 9am - 3pm

The 6 categories for which tickets can be bought before the event.

1. Waggiest Tail
2. Looks Most Like Owner
3. New Pup in the Park (under 18 months)
4. Venerable Veterans (over 10 yrs or 7 yrs for very big breeds)
5. Prettiest Pooch
6. Handsome Hound

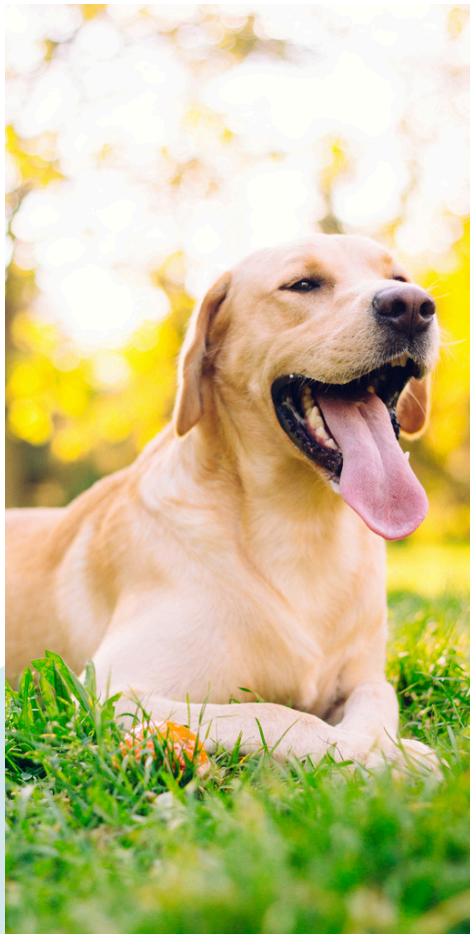
Plus Rescue Runaround - a chance to show off your rescued canine companions

There will also be 3 single Special Awards judged throughout the day which are free and all dogs are automatically entered.

1. Pick of the Pack - the Judges favourite dog of the day
2. The Maureen Curry and Max Special Award for Cheekiness
3. The Alfie Award - judged by the K9 Academy and/or Fiona Park Warden for reasons yet to be revealed.

Not forgetting a dog agility course and stalls to keep the humans entertained.

FREE for spectators but if you would like to enter your dog, [book tickets here](#).



## FAMILY DROP IN DAY WITH THE CULLERCOATS DOLPHIN WATCH GROUP

The group will be there to chat about what they do. There will be refreshments and cake available to purchase and activities for young children to get involved with, including a face painter and nail artist, temporary tattoos, dolphin gifts, pirate treasure chest and Name Dolphin competition.

Cullercoats Watch House, 14th September 10am-3pm.



# THE IMPACT OF VAPING ON YOUR ORAL HEALTH

Vaping has rapidly become popular in the UK as an alternative to smoking traditional cigarettes. While many people view vaping as a safer option, it's important to understand its effects on your overall health, particularly your oral health. As your trusted dental care provider, we want to highlight the potential risks vaping poses to your teeth and gums.

## What is Vaping?

Vaping involves inhaling a vapour produced by an electronic cigarette or similar device. These devices heat a liquid (commonly containing nicotine, flavourings, and other chemicals) to create a vapour that users then inhale. Unlike traditional cigarettes, vaping doesn't produce tar or many of the harmful chemicals associated with smoking. However, this doesn't mean it's harmless, especially when it comes to your mouth.

## How Vaping Affects Your Oral Health

### 1. Dry Mouth

- One of the most immediate effects of vaping is dry mouth. The liquids used in e-cigarettes often contain propylene glycol, a substance that absorbs moisture. This can lead to a decrease in saliva production, resulting in a dry mouth. Saliva is essential for neutralising acids in the mouth and washing away food particles, so a lack of it can increase the risk of tooth decay and bad breath.

### 2. Increased Risk of Gum Disease

- Vaping can contribute to the development of gum disease. Nicotine, whether from traditional cigarettes or e-cigarettes, reduces blood flow to the gums, which can hinder their ability to heal and fight off infection. Over time, this can lead to gingivitis, and if left untreated, it can progress to more severe forms of periodontal disease.

### 3. Tooth Sensitivity and Enamel Erosion

- The acidity in some vape liquids can weaken tooth enamel, making it more susceptible to decay and wear. This can lead to increased tooth sensitivity, particularly when consuming hot, cold, or sugary foods and drinks.

### 4. Potential for Oral Lesions and Cancer

- Although vaping is often marketed as a safer alternative to smoking, there is still concern about the potential for oral cancer. The chemicals and flavourings in e-liquids can cause irritation and damage to the soft tissues in the mouth. Some studies suggest that the long-term use of e-cigarettes could increase the risk of developing oral lesions and potentially lead to oral cancer.

### 5. Staining and Discolouration

- While vaping doesn't produce the same level of staining as traditional smoking, it can still lead to discolouration of the teeth over time. The nicotine in e-liquids can contribute to yellowing, especially with frequent use.

## Protecting Your Oral Health

If you vape, it's important to take extra precautions to protect your oral health. Here are some tips:

- **Stay Hydrated:** Drinking plenty of water can help combat dry mouth and rinse away harmful acids and sugars from vape liquids.
- **Maintain Good Oral Hygiene:** Brush twice a day with fluoride toothpaste, floss daily, and consider using an alcohol-free mouthwash to keep your mouth clean and moist.
- **Regular Dental Check-ups:** Regular visits to your dentist are crucial. During these check-ups, your dentist can monitor your oral health and address any early signs of damage caused by vaping.
- **Consider Quitting:** If possible, consider reducing or quitting vaping. There are many resources available, such as NHS Smokefree, to help you make this change for the sake of your oral and overall health.

While vaping is often seen as a less harmful alternative to smoking, it is not without risks, particularly to your oral health. Dry mouth, gum disease, enamel erosion, and even potential oral cancer are serious concerns that shouldn't be overlooked. As your dedicated dental care team, we're here to support you in maintaining a healthy smile. If you have any concerns about the effects of vaping on your oral health, don't hesitate to get in touch and schedule a consultation with us.

Your smile is worth protecting—let's work together to keep it bright and healthy!

**For more information or to book an appointment, contact [reception@ewanbramley.com](mailto:reception@ewanbramley.com).**

