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# Fixed appliances

**What is a fixed appliance?**
A fixed appliance or 'train tracks' are fixed to the teeth using an orthodontic bond (glue) so the fixed appliance cannot be removed by the patient. A fixed appliance comprises of brackets,blocks on the teeth and wires which run through the brackets

**How do fixed appliances work?**
The simplest way to think of each bracket is as a handle for each tooth so it can be moved individually and precisely. The brackets and the wires work together to align the teeth. As treatment progresses, stronger and thicker wires are used for further alignment.

Auxiliaries, such as springs, hooks, elastics may be added to the fixed appliance to aid the movement of the teeth in the later stages of the treatment. If these are needed this will be explained to you at that time as these are not always needed.

The silver brackets are available on the NHS and colours can be chosen to have around the brackets if the patient wishes. Clear brackets are available to self funded patients. The orthodontist will explain any charges regarding self funded patients and clear brackets.



**How often do you need to wear your brace?**
As the appliance is fixed it will be worn full time.

**Will the appliance be painful?**
Having the appliance fitted is not painful but the teeth may ache after the appliance has been fitted. This will last approximately 3-5 daysand if necessary painkillers (paracetamol) can be taken. Please ensure you follow the instructions on the medication packet.

**How long will treatment take?**
Treatment time is usually 24-30 months.