

## Helpful Information Regarding Cinches

### **What is a 'cinch' on your braces?**

A cinch is a bend at the end of your wire. Sometimes the bend goes inwards and sometimes downwards. The function is the same either way.

### **What is the purpose of the cinch?**

We place a cinch in the wire so it functions as a lock, and prevents the wire from slipping out the last brace and also prevents the wire from 'swinging' left to right. It also stops the wire from cutting into your cheeks and gums.

### **How will it feel?**

The cinch may rub the cheek which causes a little bit of tenderness, discolouration and bumpy texture of the cheeks for a couple days after your appointment. This is all normal.

### **What do you do if it is rubbing?**

If the cinch is rubbing your cheeks, you can dry the area and place some wax on it. You can also use a salt water rise to help the affected area heal faster.

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