

Removable Appliance Information Sheet

You have been given these instructions because you have a removable brace. The appliance you are wearing has been individually designed and carefully made from the best available materials. With conscientious wear and a reasonable amount of care, it will move your teeth in the desired way, with minimum problems.

Wear

Your appliance is meant to be worn at all times – 24 hours a day – your appliance should remain in your mouth throughout your usual activities such as; eating, sleeping, playing sports etc. It is only to be removed when cleaning your teeth. It may be very tempting to leave the appliance out occasionally, but you should not. Failure to wear the brace full time will impair your treatment.

Adjustments of the Brace

The most difficult time is the first few days, but persevere and you will soon adjust. Talking and eating are difficult at first, but will return to normal after 2 or 3 days. You may find that the brace affects your speech and makes your mouth water, this quickly wears off. If you do find it difficult to practice talking, reading or singing out loud and within a day or two you will be talking just fine. Wearing the brace whilst you eat is probably the most difficult part, but it is vital that you do so. It may be tempting to remove the brace occasionally but doing so will impair your treatment. Given your full cooperation, treatment should proceed smoothly and you will gain beautiful teeth to last a lifetime. The most common reason for failure of orthodontic treatment is when patients do not wear their braces as directed – don't let this happen to you! We will need to see you regularly to adjust your brace.

Cleaning

Your teeth and brace must be kept perfectly clean, this will be monitored throughout your treatment. You should clean your brace thoroughly twice a day with a toothbrush and water. Use warm but never hot water. Brushing retainers removes the plaque and eliminates odours. Using 'Retainer Bright' or other orthodontic appliance cleaners can keep the retainer fresh, but does not take the place of brushing.

Breakages

Treat your brace carefully. Avoid all sticky or hard foods such as; boiled sweets, chewing gum etc. These precautions will minimise the chances of a breakage. If your removable brace has metal attachments be careful not to pull on them as they are fragile and may break. If the brace causes pain, breaks or does not appear to fit, telephone immediately for an appointment. Do not wait until you are due to attend the surgery. If your brace is lost or is irreparable and a replacement is needed then the cost of the brace will be charged to you. Remember if the brace is in your mouth it can never be lost.

Also take out your removable appliance for playing contact sports, swimming or when playing a musical wind instrument. When not in your mouth, the removable appliance should ALWAYS be in a safe container.

Keep retainers away from hot water, pets, pockets, the washing machine, and napkins! (Experience tells us most appliances are lost in school lunch rooms or restaurants).

Remember you are attending this surgery for orthodontic treatment only. It is very important that you continue to see your own dentist for checkups and fillings if necessary.

If you have any issues or are concerned with anything please do not hesitate to give the practice a call on 0151 707 2312.