

REMOVABLE APPLIANCE INSTRUCTIONS

- 1) The appliance should be worn all day and all night, including mealtimes and sleeping, unless otherwise instructed by your Orthodontist. When playing contact sports or swimming it is advisable to take the appliance out of your mouth and place it in a safe container labelled with your name and address.
- 2) After each meal and before going to bed the appliance should be removed from your mouth and rinsed under the tap and cleaned with a toothbrush. You should also clean your own teeth at the same time.
- 3) Clean the brace daily using a brace cleaning agent such as Retainer Brite.
- 4) Sweets and chewing gum in particular should be avoided while you are receiving orthodontic treatment.
- 5) After the appliance is first fitted your teeth may feel a little tender. This tenderness should disappear after a day or two. However, if the tenderness continues, contact the practice by telephone for advice.
- 6) Some patients experience slight speech problems. This is a common occurrence and normally lasts for a few days only.
- 7) If the appliance cannot be worn for any reason, or becomes bent or broken, contact the practice to arrange an appointment as soon as possible. Do not wait until your routine appointment.
- 8) If the brace is not worn as instructed, it will not work and we will be forced to discontinue your treatment.
- 9) Please bring your brace to every appointment so that we can check and adjust it for you.
- 10) It is essential that you maintain normal visits to your family dental practitioner for the continuation of regular dental care and routine check-ups.
- 11) This practice runs on an appointment system, therefore, if you are late attending for an appointment you may have to wait until the end of the clinic when you will be seen to check your appliance is still intact. It is therefore important that you attend on time in order to make full use of the time allocated.
- 12) If you are unsure about anything to do with the brace, please call us and we will answer any queries or questions you have.

Please note there will be a charge for each replacement appliance so please look after your new brace.