

Orthopaedic Appliance Instructions

Your new brace has been individually designed and carefully made from the best available components. When worn as directed the teeth and jaws will change in the desired way, giving you a perfect smile for the future.

WEAR

The appliance should be worn at all times – 24 hours a day – except when eating, playing sports or cleaning your teeth. When removed, place it in the storage box provided to avoid accidental damage.

ADJUSTING TO YOUR BRACE

The most difficult time is the first few days, but persevere and you will soon adjust. Talking is difficult at first, but will return to normal after 2 or 3 days. It may be tempting to remove the brace occasionally but doing so will impair your treatment.

PROGRESS

Given good wear, noticeable progress should be seen after a few months. The orthopaedic phase of treatment usually lasts between 9 and 12 months, after which fixed appliances will be gradually introduced.

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!

CLEANING

Your teeth and brace must be kept perfectly clean. Brush them both thoroughly, but gently, at least twice a day. A soapy toothbrush is probably the most efficient way to clean your brace, but take care not to damage the appliance.

BREAKAGES

Treat your appliance carefully, even the best constructed appliance may occasionally break. If this happens, contact us immediately to arrange an emergency appointment and continue to wear it if at all possible.

PROBLEMS

Please do not hesitate to contact us, in the event of any queries or concerns may arise.