

Removable Orthodontic Appliance Instructions

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.

ADJUSTING TO YOUR 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. 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.

SUCCESS

Given your full co-operation, 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.

Parents are welcome in the surgery with their children at all times.

CLEANING

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

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 the appliance breaks, contact us immediately to arrange an emergency appointment and continue to wear it if at all possible.

PROBLEMS

In the event of any concerns or queries please do not hesitate to contact us.

* NHS patients are liable for the full cost of a replacement appliance where the original is lost or damaged beyond repair.