



## INFORMATION SHEET 2 – REMOVABLE APPLIANCES

### Wearing your removable brace

At first your brace may feel uncomfortable but this is only temporary, if you wear the brace full time, as instructed, it will become more comfortable and easier to wear. Speech may also be affected and you may talk with a lisp for a while after your brace is fitted; this can be improved by reading aloud and the only way your speech will return to normal is if you wear your brace full time.

Your mouth will water for a couple of days after your brace is fitted and you will want to swallow more than normal, again this will only happen while your mouth gets used to the brace.

The removable brace has been carefully made to fit your mouth only so please follow the instructions below to ensure the most efficient treatment:

Your brace should be worn **all day and night** unless you are advised otherwise - the more you wear it the quicker the treatment will be completed. Wear it to eat unless instructed not to do so and **only** take it out for brushing your teeth, playing contact sports (like rugby and hockey) and swimming.

To remove your brace gently pull down on the clips at the back.

You must place your brace in its protective box if it is out of your mouth; if you lose your brace there will be a charge to replace it.

### What happens if my brace breaks?

Please avoid clicking your brace in and out repeatedly because this will cause it to weaken and break. If you do experience any problems or your brace breaks or is lost please telephone the surgery for advice, in the meantime try to continue to wear your brace if you can. There will be a charge to repair or replace your brace if you lose it.

### Cleaning the brace

Remove your brace to clean your teeth. Remember to brush the roof of your mouth to stop your mouth getting sore underneath your brace. Clean your brace with your toothbrush under cold running water. We also recommend the use of 'Retainer Brite' to keep your brace clean.

Your brace should be cleaned after all meals. If you are at school and cannot clean it, rinse your brace under the tap and rinse out your mouth to make sure there is no food trapped under your brace. Don't forget to clean your teeth and your brace when you get home from school!

### General advice

You will need to see the orthodontist for adjustment appointments regularly but it's also important that you continue to visit your general dentist for regular check-ups.

Your brace may loosen between appointments and will be tightened at each appointment. If it becomes too loose to wear between appointments, please contact the practice.

Avoid eating toffees, sticky sweets and chewing gum. Limit fizzy drinks, including diet brands and fruit juices. Hard foods like apples, crusty rolls and pizza crust should be cut up first to avoid breaking your brace.