






Removable appliance information

-  Your removable appliance (brace) is made from a plastic "plate", wire clips to hold the brace onto the teeth, and various parts which bring about tooth movements.
-  To be effective, the brace has to be firmly in position on the teeth all day and night, including when eating, and should only be removed for tooth brushing and certain sports. Full time wear should also prevent loss or damage of the brace.
-  The brace will feel very awkward at first. Your speech will be affected for a short period and you will find that your mouth produces more saliva. These initial difficulties can be quickly overcome if the brace is worn all the time. Also, a newly fitted brace will make the teeth sore. This is normal and should only last for a day or two provided that the appliance is worn constantly.
-  It is important to keep your teeth really clean during your orthodontic treatment because the brace will cause a greater build-up of plaque than normal.
-  Clean the brace carefully with a toothbrush and water, morning, night and after meals. Your brace can be deep cleaned weekly with "retainer brite" which can be purchased from reception.





Parts of the brace are delicate and can be damaged by careless handling, so please:- remove the brace by pulling on the clips, not the springs.



Put the brace in a small container if leaving it out for sports, and keep this somewhere safe. More braces are lost and damaged through carelessness at these times than at any other. We do have to charge to replace a lost brace.



Avoid eating chewing gum or anything sticky, especially toffee!



Please contact us by telephoning as soon as possible if the brace is damaged and cannot be worn, or lost. Otherwise your treatment may take longer!

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