

Instructions For a Removable Appliance

A removable appliance is a plastic brace which can be taken out of your mouth for cleaning but must be worn all the time during your treatment, success in treatment is totally dependant on your co-operation.

Please read these instructions carefully.

1. Please treat your brace carefully. The safest place for your brace is in your mouth. Toffee, chewing gum and boiled sweets should be avoided.
2. You **must** wear your brace 24 hours a day including eating, sleeping and going out.
3. Keep your teeth, gums and brace spotlessly clean. Plaque which is left on your teeth can cause decay. Rinse the brace and brush your teeth straight after eating but always put the brace back in.
4. During the first few days your brace may feel strange and uncomfortable. You may find the brace affects your speech and makes your mouth water, but this will wear off quickly.
5. If anything breaks or feels loose contact us straight away. Do not wait for your next appointment. If the brace is broken the teeth may move in the wrong direction and this will make your treatment longer.
6. If the brace is broken we must see the patient to repair it or make a new appliance. There may be a charge for broken appliances.
7. See your own dentist for regular inspections.
8. If you remove the brace for contact sports you must put it in a safe container. **Never** put the brace in your pocket, the bottom of your bag or wrapped in a tissue. **This is how they get broken!**
9. Finally remember it takes months to move a tooth but if you leave the brace out the tooth will move back in days, **so keep the brace in.**