

# REMOVABLE APPLIANCE

## **HOW MUCH DO I HAVE TO WEAR THE BRACE?**

The brace needs to be worn all day and all night. The only time it is to be taken out of the mouth is for brushing teeth and sport (including swimming). It can be left in for eating but hard or sticky foods must be avoided – your orthodontist will advise you whether to eat with it in or not. When out of the mouth it **must** be stored in the brace box to avoid accidental damage.

When putting the brace back in, make sure the wires go into the correct place.

If there is a screw in your brace, this should only be turned as instructed by your orthodontist.

## **WILL IT BE PAINFUL?**

The brace may feel uncomfortable for a few days but after the first week any discomfort should resolve.

If necessary, painkillers such as the ones you would normally take for a headache will help.

Every time the orthodontist adjusts your brace it may well ache for a day or two afterwards.

## **HOW WILL MY BRACE AFFECT ME?**

Your speech will be different at first and this is normal. Try and practice speaking with the brace in place e.g. read out loud at home on your own and this way your speech will return to normal within a couple of days.

You may also find yourself swallowing a lot to begin with; this is quite normal and will quickly pass.

## **HOW LONG WILL I HAVE TO WEAR MY BRACE FOR?**

Treatment usually takes between 6 and 9 months but will vary depending on how severe your teeth were to start.

Failed and cancelled appointments, repeated breakages and poor wear of the brace will obviously increase the treatment time.

## **HOW DO I LOOK AFTER MY BRACE?**

Take your brace out by using the clips at the back only. Remove it for brushing your teeth and clean it gently with a toothbrush and water (no toothpaste) – rinse it after meals if you eat with it in.

“Retainer Brite” is a special cleaner that can freshen up these appliances.

Do not repeatedly click the brace in and out with your tongue as this will damage the appliance.

- An orthodontic mouthguard should be worn for contact sports – ask us for details
- It is important to continue to see your regular dentist for check ups
- If the brace breaks contact us as this may slow treatment and may result in damage to your teeth
- Telephone Vicki Dunne: 07891 649268