

ADVICE SHEET

REMOVABLE



**WEAR
SIDE
ORTHODONTIC
CENTRE**

Removable appliance advice sheet

You have now had your removable appliance fitted. This advice sheet provides you with important information to allow you to wear and care for your brace correctly in order for your treatment to progress as quickly and smoothly as possible.

Please wear your brace full time only removing it for cleaning, contact sports and swimming – your brace will be ineffective if not worn full time.

Over the first few days you may experience the following difficulties:

- Altered speech
- Increased salivary flow
- Difficulty eating some foods

- Mild discomfort
- Irritation/ulceration of areas which are in contact with the brace

Please be aware that problems of this nature are quite normal and will usually resolve, however if you do have concerns regarding a persistent problem, please do not hesitate to contact the practice.

When your braces are not in your mouth please keep them safe in a secure container, a small brace box may be purchased at reception- please note that lost or badly, damaged or braces which are ill fitting due to poor wear carry an NHS charge of £89.77 per brace to replace, this would be payable by the patient/guardian in all circumstances.

- Clean your braces using a clean toothbrush or nail brush and cool water, we also recommend twice weekly use of a product called retainer brite which is a disinfectant especially for braces. This can be purchased at reception.
- Do not use hot water or toothpaste to clean your brace as this will damage the acrylic.
- Keep your teeth and gums healthy during and after your orthodontic treatment.
- Attend the Practice regularly to have your brace checked at the interval recommended by your clinician.

- Contact us if you have any concerns but please be aware that we may not be able to offer additional appointments if your problem is non urgent in nature.