

## REMOVABLE APPLIANCE ADVICE SHEET

**Discomfort:**

- Keep your brace in at all times including meals and during the night, unless instructed otherwise by your orthodontist. Some discomfort in the first week is normal. Your teeth will start to move very quickly which is a good thing but this can cause some tenderness. You can help this by taking painkillers you would usually take for a headache. A softer diet will also help
- Getting used to having the appliance in your mouth may take a couple of weeks so please persevere
- If the appliance is giving you severe prolonged discomfort, don't wait until your next routine appointment, get in touch to arrange a sooner visit - your brace may just need a small adjustment
- Speech and swallowing may be influenced by the appliance but initial problems will improve with time

**Diet:**

- Eat a softer diet as much as reasonably possible. As a rule of thumb, try to minimise chewing with your teeth by utilising your hands and cutlery to cut the food into smaller, softer pieces
- Hard, crunchy, chewy and sticky foods such as crusty bread, toffees, boiled sweets and chewing gum are not allowed as they will cause damage to your brace
- Sugary foods and drinks should be avoided. Choose sugar-free versions and water
- Fizzy drinks including sugar-free varieties must be avoided as these will cause permanent damage or staining of the enamel of your teeth

**Cleaning:**

- You should brush your teeth 3 times a day before wearing the brace and after eating to avoid permanent damage to your teeth and gums
- You should thoroughly brush your brace without using toothpaste each time you clean your teeth. This should be done over a basin of water which will stop the brace from breaking if you drop it. Once or twice a week you should soak your brace in a cleaning solution we recommend vitis effervescent tablets and brush it well afterwards. This will keep your appliance fresh and free from bacteria
- Alcohol-free fluoride mouthwash should be used in between brushing and before going to bed
- Disclosing tablets should be used weekly to identify problem areas where better brushing may be required

**Breakages:**

- Each time a breakage occurs it can prolong your treatment time
- Do not repeatedly click the brace in and out with your tongue as this will break the wires. Never use your teeth to press the brace into place, always use your fingers as instructed
- Try to identify the problem (broken wire, rubbing the gum, etc. ) before calling to allow us to offer you appropriate advice or appointment
- A charge will be made for replacement of lost or badly broken appliances
- Ensure the brace is stored in a rigid container when it is not in your mouth

**Sports and activities:**

- Remove the brace to play contact sports and wind instrument
- A mouthguard must be worn for all contact sports. Do not forget to replace your brace when you finish

**Dental-check ups**

- You need to carry on seeing your regular dentist for checkups throughout your orthodontic treatment

1. I have read and understood the above advice
2. I understand that if I break or lose my appliance there will be a charge
3. I Understand that I must bring my appliance to every appointment

Patient Name ..... Patient Signature ..... Date .....