



Care and wear instructions for Removable Appliance

- **Your appliance must be worn 24 hours a day, 7 days a week**
- When wearing your removable appliance, do not flick it up and down with your tongue as it will break.
- Please endeavor to keep your appliance in for eating.
- Also take out your removable appliance for playing contact sports, swimming or when playing a musical wind instrument.
- **When not in your mouth, the removable appliance should ALWAYS be in your appliance box.**
- Keep your teeth and removable appliance clean at all times. This will require brushing your teeth and appliance at least 3 times a day, and after each meal.
- Twice a week, clean the removable brace with 'Retainer Brite'.
- Plaque disclosing tablets will show you how well you are brushing your teeth.
- **Please contact the practice immediately if you have a breakage.**
- If you are unable to maintain your oral hygiene and appliance care to practice standards, we will be obliged to discontinue treatment on dental health grounds.
- Failure to wear your removable appliance as prescribed will prevent treatment from progressing.

PLEASE NOTE: Removable appliances are extremely fragile and must be looked after very carefully. Careless use will result in cracking and eventually breakage of your appliance.

REPLACEMENT OF APPLIANCES WILL INCUR A FEE.