



Instructions for removable appliances

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You have now completed your Orthodontic Treatment and will need to follow the instructions below to care for your removable appliances.

- It is very important that you wear your brace as instructed by your orthodontist. This way the treatment will finish more quickly.
- Normally your removable appliance is to be worn 24 hours a day, 7 days a week unless otherwise instructed by the orthodontist.
- At first wearing your brace may be uncomfortable. This will become easier after the first week and regular wear is the quickest way to get used to it.
- During the first few days of wearing the appliance you may have difficulty with speech, eating and you may have excess salivation. This should only last a few days. When removing your brace always use the clips at the back.
- Your brace should be removed for swimming and contact sports.
- Handle the appliance with care: whenever it is not in your mouth please keep it in a case. Never wrap the appliance in a napkin or tissue or place it in your pocket. This is a common way to loose or break the appliance.
- If your removable appliance becomes loose, uncomfortable, does not fit well or becomes lost, please contact our nurse on 01706 645125 Monday to Friday 9am to 5pm.
- Patients will be charged for remaking lost appliances. Take good care of them, as they are expensive!
- You will need regular orthodontic appointments during treatment for removable appliance to be adjusted.

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