

Know your Removable Appliance

Do removable appliances hurt?

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.**

When to be seen?

The length of time for this stage of your treatment will depend on how faithfully you follow out instructions, but generally we expect anything from 6 – 9 months. Over this period you will need to make regular visits to come back and see us at intervals of 8 – 12 weeks.

When to wear your appliance?

Keep your brace in at all times including meals and during the night, unless instructed otherwise by your orthodontist. The only time you can remove your appliance is during contact sports or when you need to brush your teeth. When out of the mouth your appliance should be placed into a suitable box to try and avoid any accidents happening. If you break your appliance and need a new one to continue your treatment there is a charge.

Eating with your appliance

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 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 braces. 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.

Keeping everything clean

You should get into the routine of brushing after meals and before bed. The appliance should be brushed 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. You can also soak your brace in a cleaning solution such as Retainer Brite once or twice a week. This will keep your appliance fresh and free from bacteria.

What next?

Your treatment is a team effort and you really are the most important person in the team. Without your co-operation your treatment will not progress, regardless of what we do or how well we do it. We ask that you follow all the advice above and persevere in order for us to get you to the very best end result.

And if you have any problems?

Please do not hesitate to ring the practice if you have a problem of any kind. We can assess over the phone if you need an emergency appointment or whether you can wait until your next routine visit.

Please be aware that you need to carry on seeing your general dentist for exams throughout your orthodontic treatment. We are not your dentist and will only look after your orthodontic treatment.