



Patient Information Leaflet- Removable Appliances

Removable appliances are used for simple tooth movements. They can be used when baby teeth are still present to avoid or make fixed brace treatments easier later on. The instructions below must be followed for successful removable brace treatment.

- Wear the brace full time; day and night. The only times it should be removed are for cleaning the teeth, head contact sports, swimming, playing a wind or brass instrument. You should keep it in for eating and drinking to maximise its effectiveness and to avoid losing or breaking it
- It will take a few days to get used to it. Your speech will be affected initially; keep practicing and your speech will return to normal. You will produce a lot of saliva to start with; keep swallowing and this will reduce with time. It may feel uncomfortable for the first few days but perseverance is key. However, if this persists, let us know.
- Always keep your brace in a retainer box (tip: put your name and contact details on your box) when you are not wearing it to avoid losing or breaking it. If it is lost or broken, let us know as soon as possible and we will arrange to see you to replace or repair it. Replacements will incur a charge. If broken continue to wear it if possible
- Maintain excellent oral hygiene by brushing twice a day and using fluoride mouthwash once a day throughout your treatment. Avoid sugary food and drink as you will be more prone to tooth decay when wearing a removable appliance.
- Do not eat hard foods when wearing the brace. Clean the brace each time you brush your teeth with a toothbrush, toothpaste and lukewarm water. Use retainer brite tablets twice a week
- Keep the models given to you safe and bring these to your appointment if the brace needs replacing or repairing
- Removable braces work quickly if they are worn as prescribed with most treatments lasting between 3-6 months. You will be seen regularly to adjust the brace and review progress. You must continue to see your general dentist as normal throughout your treatment

Care Pack (including Brace Box and Retainer Brite)- £13.50

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