



## ***Care of Removable Appliances (page 1 of 2)***

Our aim is for your treatment to be completed as quickly and as easily for you as possible. For this to succeed, your appliance must be worn exactly as instructed.

### **Wear**

Your appliance should be worn full time (all day, all night and during meals) unless you are told otherwise. Always remove and replace your appliance with great care.

Your speech will be different initially. Practice speaking with the brace in and your speech will return to normal in a couple of days.

You will also find yourself swallowing a lot initially. This is normal and will quickly pass.

### **Diet**

A normal diet is recommended, but generally cut food up smaller to reduce chewing required. Never bite hard against the appliance as this will damage the brace. Sticky, hard sweets and chewing gum must not be eaten. Fizzy drinks, including diet drinks, and fizzy water should be avoided.

### **Cleaning**

Your appliance should be removed after meals for thorough cleaning of your teeth and the appliance.

Use a small brush with soapy water for cleaning the appliance. Use a small soft toothbrush with the fluoride toothpaste for cleaning your teeth and gums. Brush after every meal and before going to bed. Pay special attention to where the gum meets the tooth.

A daily fluoride mouthwash should also be used last thing at night after toothbrushing to further protect the teeth.

### **Possible problems**

The teeth may be a little tender for a few days after your appliance is fitted and each time the brace is adjusted. If necessary, painkillers such as those for a headache may help. Please read the instructions on the packet.

If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: [customer-care@salisbury.nhs.uk](mailto:customer-care@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: [www.salisbury.nhs.uk/FriendsFamily](http://www.salisbury.nhs.uk/FriendsFamily) or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

Name: Annalise McNair

Role: Consultant

Date written: October 2008

Review date: September 2021

Version: 2.0

Code: PI0135

**Oral Maxillofacial Surgery and Orthodontics**  
**Tel: 01722 336262 Ext. 3255**

If you are unable to wear your appliance for any reason, this must be put right as a matter of urgency. Your teeth will tend to return to their original positions if the appliance is left out.

Do not wait until your next appointment as breakages will slow your treatment and may result in damage to your teeth. If you have any problems we will see you at the next available session. If you repeatedly break your brace, treatment will be stopped.

## **Mouthguards**

Your appliance can be worn whilst taking part in most sports. If you play any contact sports (e.g. rugby, boxing) you should remove your appliance and wear a mouthguard which allows tooth movement to occur.

If the appliance is out of your mouth for any reason, it must not be put in your pocket but should be placed safely in a box.

## **Appointments**

You will need regular appointments during treatment to have your brace adjusted.

## **Visiting your regular dentist**

It is important that you see your regular dentist throughout orthodontic treatment for check ups and any fillings.