

Removable Orthodontic Appliances

How much should I wear my removable brace?

Your removable brace should be worn full time, 24 hours per day including eating and sleeping. The brace should only be removed for cleaning and when you have to wear a mouth guard. Whenever the appliance is removed ensure it is placed in a suitable protective box, preferably with your name and address marked clearly on the outside. Protective boxes are available to purchase at reception. When playing contact sports you should wear a gum shield instead of your removable appliance. Do not repeatedly click the brace in and out with your tongue as this will loosen or break the wires and increase the length of time the treatment will take.

What to expect?

Expect the appliance to be tight and it will feel strange and possibly rub a little against your cheeks and lips. You may even get a little blister. Expect some excessive saliva in your mouth and difficulties swallowing, these problems will resolve quickly with wear. You should also expect initial eating difficulties and speaking difficulties. Speech returns to normal quickly providing the appliance is worn as instructed.

How to clean your brace?

Ideally the appliance should be removed after eating and cleaned with a toothbrush and rinsed under cold running water. Do not use hot water as it may melt the plastic of your brace.

Can I eat normally?

Yes you should be able to eat normally. It is important you keep the brace in whilst eating unless you are otherwise instructed. Although it may be difficult at first, eating with the brace in place will become easier with time. After each meal remove your brace and rinse it thoroughly. Fizzy drinks should be stopped during brace treatment.

What about tooth brushing?

It is important you brush thoroughly twice a day with a fluoride toothpaste. If possible carry a brush with you for use after lunch. Take the brace out to clean your teeth and gently brush your brace, taking care not to damage the wires, before replacing it. A daily fluoride mouth wash should be used during your orthodontic treatment. Failure to keep your teeth and brace clean and a sugary diet or fizzy drinks can lead to permanent damage to the surface of your teeth.

What if the brace breaks or I lose it?

If you are careful with your brace it should not break. Even if a bit of the plastic or wire breaks you should still try to wear your brace and contact the centre for an earlier appointment. If you are unable to wear the brace or the appliance is hurting you then contact the centre on 01355 235915 immediately to organise an emergency appointment. **If you lose your brace you will need to pay the full cost to replace it.**

Do I still need to see my regular dentist?

You must continue to have regular check-ups with your dentist during orthodontic treatment so that your teeth can be checked for decay or other problems.