

# Removable Brace Instructions

Your removable brace has been custom made by an orthodontic technician to fit your mouth exactly and has been designed in order to achieve the desired tooth movement. Success in treatment is totally dependent on your full co-operation in wearing the brace.

## Please read the following instructions carefully:

**Wear the brace full time.** If you have any problems wearing the brace contact the practice straight away.

**Take the brace out for cleaning your teeth, contact sports and swimming.** It is possible but not essential to wear it at meal times. This requires a little practice but is worth the effort.

**At first the brace will be uncomfortable.** Any sore spots will usually pass with continued use of the brace. If discomfort persists, do not wait until your next appointment, contact the practice and an appointment will be made for you as soon as possible. You may produce a little more saliva initially but this will soon return to normal.

**Speaking.** Learning to speak wearing your brace will take about a week before you are comfortable. Practice reading out loud at home and avoid constantly removing your brace. Tell your friends and teachers that you have a new brace and are learning to speak again!!!

**Keep the brace very clean** by brushing it thoroughly with a toothbrush and pay particular attention to brushing your teeth and gums for two minutes at least twice a day. Soak your brace in 'retainer brite' 2-3 times a week.

**The removable brace is expensive** and so you must take good care of it. When the brace is not in your mouth store it in the box provided and do not wrap it in tissue paper. Many appliances have been thrown away after being wrapped in a napkin at lunchtime! If your brace breaks or becomes distorted, contact the practice immediately. If you lose or break your brace, you may have to pay for a replacement.

**Remember that you should continue to visit your own dentist** for regular check-up's and any necessary treatment during your orthodontic treatment.

*If you have any problems between visits please contact us*

### NEWPORT PAGNELL

127d High Street  
Buckinghamshire  
MK16 8SE

t 0844 387 8260  
f 0844 387 8261  
e [info@teethinline.co.uk](mailto:info@teethinline.co.uk)

[www.teethinline.co.uk](http://www.teethinline.co.uk)

### OLDBROOK

2 Duckworth Court  
Milton Keynes  
Buckinghamshire MK6 2RX

t 0844 387 8262  
f 0844 387 8263  
e [mk@teethinline.co.uk](mailto:mk@teethinline.co.uk)

