

INSTRUCTIONS TO PATIENTS WEARING A REMOVABLE APPLIANCE

You have been fitted with a removable brace. It is important that you follow these instructions.

1. Wear your brace all the time, including mealtimes and bedtimes. Your brace should only be taken out for cleaning **AFTER** each meal and before you go to bed but put straight back into your mouth.
2. You must learn to eat with your brace in. Avoid sticky foods and try to cut food into small pieces instead of taking big bites. It will be difficult at first but you will get used to it.
3. Clean your brace and teeth regularly. Your brace should be removed after each meal and before going to bed so that you can clean your brace **AND** your teeth. To clean your brace, rinse it (holding the plastic bits and **not** the metal), and then scrub it gently with your toothbrush or a soft nail brush. You can use toothpaste to do this **BUT** not denture cleaners. Once your brace is clean pop it into your container and clean your teeth. It is advisable to use a toothpaste containing fluoride. (Container boxes are on sale in reception).

DO NOT SOAK YOUR BRACE IN BLEACH OR DENTURE CLEANERS

USE A RETAINER CLEANER. THIS IS ON SALE IN RECEPTION

DISCOMFORT

It is normal to get some discomfort when your brace is first fitted and after each adjustment. Mild painkillers such as Paracetamol or Ibruprofen should be enough to relieve any discomfort. Do not keep taking your brace out to give yourself a rest. This will only make matters worse. If the discomfort persists longer than 4-5 days please ring the surgery.

SPEECH

A removable brace will make you lisp at first. This will disappear as long as the brace is worn full time.

BREAKAGES

Please contact the surgery if there are any breakages. If you can continue to wear your brace without discomfort, please do so.

REMEMBER TO BRING YOUR APPLIANCE TO EVERY APPOINTMENT.