

REMOVABLE BRACES

Success is completely dependant on your co-operation.

- Wear the removable appliance full time. If you have any problems wearing it, contact us
- Take the appliance out for cleaning your teeth, sports and swimming. It is possible to wear it at meal times. This requires a little practice but is worth the effort.
- At first the appliance will be uncomfortable. Any sore spots will usually pass off as you get used to it. If any problems persist contact us. You will produce more saliva initially but this will return to normal. You may also speak with a lisp but you will soon learn to speak normally
- Keep the appliance clean using a tooth brush and cold water.
- Avoid sticky foods especially toffee, chewing gum, and hard foods. Avoid fizzy drinks, sweet drinks, sweets and sugar.
- The removable appliance is expensive to make and you must look after it. Do not wrap it in a napkin as this often results in them being thrown away. Store it in the plastic container provided. If it gets distorted or the clasps break contact us.
- If you lose your removable appliance you will be charged for a new one so please look after it.
- When the brace is not in your mouth please keep it in the box provided