

## Removable Brace

### INSTRUCTIONS FOR THE CORRECT WEAR OF REMOVABLE BRACES



1. **Wear your removable brace(s)** all the time, including during meals and sleeping hours. The only exception is during contact sports, swimming and tooth-brushing. Keep it safe in a rigid container when it is not being worn.
2. **Clean your teeth and brace** with a toothbrush, immediately after every meal. Clean your appliance with a weak solution of liquid soap and cold water daily. It is recommended to clean your brace at least 3 times a week with VITIS Effervescent cleaning tablets. If your teeth are not kept clean damage will occur.
3. **Use a fluoride mouthwash daily.**
4. **Avoid eating hard foods** - crusty bread and other such hard foods must be cut up into smaller pieces. Avoid sticky foods as they will get caught in your brace and may cause damage.
5. **Contact us** without delay if your brace **hurts**, becomes **loose**, or if any part however small is **broken**. There will be a charge for any replacement.
6. **General Dental Care**- Continue to visit your own dentist regularly for routine check-ups and treatment as needed.
7. **Discomfort** following the initial fitting of your brace may be eased with a mild analgesic such as ibuprofen or paracetamol.
8. **Remove** your appliance correctly by using the wire clips at the back (never at the front).
9. **Initially** your speech will be affected and you may develop a lisp, this will subside the more your appliance is worn.
10. **Loose or lost baby teeth** can affect the fit of your appliance, please contact us if this occurs.

Now it is up to you! Braces are a commitment. They need to be maintained properly in order to get the best result. Follow our instructions above and those given in the surgery.

**BREAKAGES PROLONG TREATMENT**

*We are here to help, should you have any questions please contact us or look at our website*