

Patient information leaflet

Removable Appliance



Will it be painful?

It is likely to be sore for about 3 - 5 days each time the brace is adjusted. If necessary, painkillers such as the ones you would normally take for a headache, should help - please read the instructions on the packet. If there is an obvious area of soreness due to the brace, ring for an appointment as soon as possible – see telephone number overleaf. Don't stop wearing the brace or you will have a further 3 - 5 days of discomfort when you start wearing it again.

How else might it affect me?

Your speech will be different at first. Practice speaking with the brace in place e.g. read out aloud at home on your own. In this way, your speech will return to normal within a couple of days. To begin with you may produce more saliva and will have to swallow more than normal. This is quite normal and will pass quickly in a couple of days.

Can I eat normally?

It is important to remove the brace for eating, cleaning and sport activities.

A suitable **protective box** will be recommended to you. For your orthodontic treatment to work well and in the shortest possible time it is important you take care of your teeth and brace. In order to prevent damage to both, you should avoid the following:

- **Toffees, boiled sweets, sugared chewing gum, chocolate bars, etc.**
- **Fizzy drinks** including **diet** drinks, **excessive** amounts of fruit juice.

How often will I need an appointment?

You will need regular appointments (usually every 4-8 weeks) during treatment for the brace to be adjusted.

Do I still need to see my regular dentist?

Yes. It will be important you still have check-ups with your regular dentist throughout orthodontic treatment so that your teeth can be checked for decay.

What do I do if I break my brace or lose it?

Ring up for an appointment as soon as is reasonably possible. Do not wait for your next routine appointment as the breakage may slow your treatment or it may result in damage to your teeth. If you repeatedly break your brace, your treatment may be stopped early. If the brace is lost or broken beyond repair you may incur a replacement fee. The daytime telephone number you should contact if a breakage occurs is 02079244224

What do I do if I play contact sports?

You should wear a gum shield instead of your removable brace when you play contact sports. This will also be the case if you take part in activities requiring a protective helmet e.g. roller-blading, skateboarding and horse riding. Remove the brace for swimming as well.

When not in your mouth, the brace should be kept in a protective box. Ask your orthodontist for further advice.

What if I play a musical instrument?

If you play a wind instrument, you may be advised to remove the brace whilst playing. However, when the brace is not in your mouth it should be kept in a protective box to prevent breakage. You can discuss this further with your music teacher and orthodontist.

Remember:

- Brush your teeth for 2 minutes twice a day
- Use an alcohol free mouthwash once every day.
- Avoid sugary snacks and drinks in between meals and at bedtime.
- Avoid fizzy drinks
- Avoid hard, sticky and chewy sweets and foods.
- Continue to visit your dentist regularly.
- Treatment will usually take 6-12 months.

Contact us

If you are concerned about your condition following this operation or if you need advice, please contact the Reception between 9.00 am - 5.00 pm Monday to Friday on 0207 924 4224, so we can arrange an urgent appointment for you.