

INSTRUCTIONS FOR REMOVABLE APPLIANCES

WHAT IS A REMOVABLE APPLIANCE?

A removable brace can fit on bottom or top teeth. It is sometimes worn with headgear. It has:

- ➔ An acrylic [plastic] part which fits over the palate [roof of the mouth] or over the inner surface of the lower gums.
- ➔ Clasps [metal clips] which hold the brace onto the teeth.
- ➔ Springs or screws which move the teeth.

YOUR REMOVABLE BRACE

Your **REMOVABLE BRACE** has been carefully made to fit your mouth exactly and straighten your teeth as quickly as possible. It will feel uncomfortable and make eating and speaking slightly difficult for only a few days whilst you get used to it.

You can take out your plate for cleaning. It is important to keep your mouth very clean. Brush your teeth, gums and palate after every meal. Brush the brace at least twice a day with a toothbrush and water. In addition you can use brace brite weekly.

Wear your brace all the time including meal times and at night. You should be able to wear it for most games except contact sports and swimming but if you leave it out put it in the box in a safe place. They break very easily and are expensive to replace. You can buy brace boxes for storing them in. You will be charged for any replacement appliances by the Scottish Dental Health Board. Your appointments will be made every 8 - 12 weeks for monitoring the progress of treatment.

To keep your retainers safe and in good condition, please purchase

- A** Box - for placing appliance in if it is removed from mouth at any point because invariably people lose it otherwise.
- A** Retainer Brite - for cleaning the brace.

IMPORTANT

If you have a screw plate, the screws on the plate should be activated one turn on each screw twice a week, e.g. Tuesdays and Saturdays. If your plate rubs inside the mouth, please ask the Practice for some wax. To apply the wax, you should take out the plate, dry the part of the metal that is rubbing, break off a small amount of wax and roll it into a ball, then wrap the wax around the part of the brace that is rubbing. This should act as a cushion between the brace and the gum.

CHARGES FOR MISSED APPOINTMENTS

Patients who fail to attend appointments will be charged a low fee for a normal appointment and a higher fee for a longer appointment. Please give 24hrs notice if cancelling an appointment. Thank you for your co-operation.

APPOINTMENTS AND PROBLEMS

Please make sure you attend your own dentist for regular 6 monthly check ups during the treatment.

Any problems with your removable appliance, contact us immediately on the number of the clinic you attend – phone numbers below. Please make sure you maintain meticulous oral hygiene and your dental fitness.

If you have any questions or concerns regarding treatment, please ask to speak to the Orthodontist.

Please see patient information leaflets on the BOS website for additional downloading information