

# Removable Appliance Instructions

The following information is to help you understand your appliance and the essential requirements for it to work properly. Please take a little time to read it now and keep it for future reference. If you adhere to the instructions given your treatment will be comfortable and proceed quickly.

Your removable appliance is a full-time brace. This means that it should be worn full-time, day and night and when eating. The appliance should be removed for cleaning morning and evening and for a quick rinse after meals to remove any food debris. The only other time that it should be removed is if you are playing any vigorous sports where there is the risk of it being knocked out. This of course includes rugby, martial arts and should include swimming. When the appliance is out of the mouth it should always be placed in a protective box, as it is delicate and expensive to replace. It must be replaced in the mouth as soon as the activity is over.

**You will notice several things when your appliance is first fitted:**

**You have a lisp!** This is perfectly natural at first. It occurs because the plastic of the appliance is covering the sensitive part of the roof of the mouth where the tongue contacts to make "T" and "S" sounds. The brain will reprogram the tongue to speak properly over a period of 2-3 days. It will only do this however, if the appliance is kept in place. If you keep taking the appliance in and out the tongue will not adjust and you will not settle to your brace.

**It feels tight.** It is quite common for the appliance to feel as though it is becoming tighter over the first day or so. This is because although the appliance is made very carefully by our technician, the teeth have to move to settle in snugly and you will feel that they are a little bruised over the first few days

whilst this is happening. The solution again is to keep the appliance in. Avoid the temptation to keep taking it out for a rest as the discomfort will only take longer to settle. This is because the teeth will move back whilst the brace is out. If the discomfort becomes troublesome, stay on soft foods, have a proprietary analgesic and remember that it will settle if you persevere.

You may experience the sensation of **extra saliva** in the mouth. This occurs as a reflex response to the presence of food in the mouth. Given time the mouth realises that the brace is not food and the increased salivary flow will abate.

### **A few words about food and eating it**

The appliance is designed to withstand normal eating. Indeed, eating with the appliance in is essential to the correct function of the appliance. You should however, avoid very hard foods and particularly sweets. It is wise to cut your food up a little more to avoid taking large bites with your front teeth.

**Sweets and Sweet Snacks.** You are at an increased risk of decay during orthodontic treatment because plaque can build up more easily. If you feed the bacteria in this plaque with sugar, the bacteria will produce acid that attacks the teeth and causes decay. It can also cause gum infections with soreness and swelling. The only sure way to prevent this is by good brushing and avoidance of sweets (including chocolate), sweet snacks and sweetened drinks.

### **General Wear**

Make sure that you insert and remove your appliance only as shown at your fitting appointment.

To avoid weakening the appliance, resist the temptation to flick the appliance in and out with the tongue, or picking at it, which will fatigue the appliance and cause it to break. The appliance will work best if it is left alone to do its job.

If you are unsure of any of the instructions that you have been given, if your appliance does not seem to be functioning properly, if it is hurting, broken or if for any other reason you cannot wear the appliance as shown, it is important to let us know as soon as possible. Please, do not leave it to your next appointment.

If the appliance is out of the mouth it is not working but worse than that any progress achieved can be undone. This can lead to prolonged treatment and even the necessity to remake the appliance with attendant costs.

Malfunction of the appliance can necessitate an extra visit to the practice. It is important to 'phone the practice first so that we can give you best advice and make an appointment if needed.

It is essential that you maintain your regular check ups at your general dental practice throughout treatment.

### **Cleaning the Brace**

Take out and clean the brace thoroughly with COLD water and toothpaste using a toothbrush twice a day when you clean your teeth. Occasionally, a proprietary product such as "Retainer Brite" can be used.

Take out and rinse after meals

### **Remember:**

Take the appliance out in the morning and evening to brush your teeth, take it out to rinse after meals,

Take it out for games if there is a risk of it being knocked out but put it in an appliance box whilst it is out and replace it immediately after.

Keep it in at all other times including eating.

Do not fiddle with the brace

Avoid sweets, sweet snacks and hard foods

Continue your regular check-ups with your own dentist.