

# REMOVABLE APPLIANCES

## HOW MUCH DO I HAVE TO WEAR THE BRACE?

The brace needs to be worn all day and all night. The only time it is to be taken out of the mouth is for brushing teeth and sport (including swimming). It can be left in for eating but hard or sticky foods must be avoided – your orthodontist will advise you whether to eat with it in or not. When out of the mouth it **must** be stored in the brace box to avoid accidental damage.

If there is a screw in your brace, this should only be turned as instructed by your orthodontist. If you have headgear attached to the brace this should be worn in the evenings and at night when asleep.

## WILL IT BE PAINFUL?

The brace may feel uncomfortable for a few days but after the first week any discomfort should resolve.

If necessary, painkillers such as the ones you would normally take for a headache may help.

Every time the orthodontist adjusts your brace it may well ache for a day or two afterwards.

## HOW WILL MY BRACE AFFECT ME?

Your speech will be different at first and this is normal. Try and practice speaking with the brace in place e.g. read out loud at home on your own and this way your speech will return to normal within a couple of days.

You may also find yourself swallowing a lot to begin with; this is quite normal and will quickly pass.

## HOW LONG WILL I HAVE TO WEAR MY BRACE FOR?

Treatment usually takes between 6 and 12 months but will vary depending on how severe your teeth were to start.

Failed and cancelled appointments, repeated breakages and poor wear of the brace will obviously increase the treatment time.

## HOW DO I LOOK AFTER MY BRACE?

Take your brace out by using the clips at the back only. Remove it for brushing your teeth and clean it gently with a toothbrush – rinse it after meals if you eat with it in.

Do not repeatedly click the brace in and out with your tongue as this will damage the appliance. Repeated breakages may result in treatment being stopped.

- **Please see your normal dentist for regular check-ups as well as seeing us**
- **If you play contact sports you need to remove the brace and wear an orthodontic mouth guard – ask your orthodontist**
- **If you have a problem or break your brace please ring the department on 0208 934 6405**
- ***Lost or broken braces may incur a charge***