

## Instructions to Patients Wearing Removable Appliances

- Wear your appliance at all times including meals and through the night. The treatment will be finished more quickly this way. If you have been given special instruction to leave your appliance out at any time, it must be kept in a strong box e.g. brace box.
- Insertion and removal of the appliance will be easier when using a mirror. Always pull on the clips at the back when taking it out.
- At first your appliance may be uncomfortable and make eating and speaking difficult but this will only last a few days. If the appliance is kept in the mouth you will soon get used to it.
- Keep your teeth and appliance clean to prevent tooth decay and gum problems. Take out your appliance to clean your teeth and brush before replacing. After meals always rinse your appliance and your mouth with water.
- Eat soft foods and avoid hard and sticky foods especially chewing gum and toffees as these may damage the appliance.
- If the appliance is repeatedly damaged, we will charge you for replacement.

Any problems or breakages contact the Orthodontic department on 01234 792137 for an earlier appointment. Continue to wear the appliance if possible and bring any broken pieces with you.