



REMOVABLE ORTHODONTICS APPLIANCES

1. Wear your appliances day and night, all the time or at least 16 hours per day.
2. Brush your teeth and the appliance with your toothbrush and toothpaste after each meal.

Never place in boiling water or use bleaches to clean!

3. With any new appliance there may be an initial difficulty in speech and a plastic taste from the appliance. Both should disappear within a few days.
4. You may also be aware of excess saliva initially; this however will regulate as you continue to wear your appliance.
5. For the first few days of having your new appliance there may be some soreness to the teeth however this will get better.
6. Persevere and if you are still experiencing discomfort after a week of fitting the appliance, please contact your orthodontist. In the initial stages Nurofen should be sufficient to control the discomfort.
7. When you are not wearing the appliance make sure it is kept in the provided plastic container.
8. Be especially careful around animals as they are attracted to the food smell of the appliance, and they may chew it and damage it.
9. DO NOT use your tongue to flip or play with the appliance as this will loosen it.
10. Sticky foods such as gum, caramels or toffees should also be avoided as they too will loosen the fit (if the appliance is designed to be worn whilst eating).
11. Please call our office immediately if the appliance becomes loose, bent or broken. There will be no charge applied in this case; however, it might be if the appliance will be broken more than three times.