



Removable brace instructions

Overview

Your brace has been carefully created to fit your mouth perfectly. As the name suggest it is removable, but you should try to wear it day and night in order to get the best possible results from your treatment.

How long will it take me to adjust to wearing it?

For the first few days it may feel a little uncomfortable, and you may find it difficult to talk and eat with your brace in your mouth. But don't worry, you'll soon get used to wearing it and it shouldn't be long before you start to see results. 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.

When do I need to wear my brace?

Your brace is an important part of your treatment and should be worn day and night. Wear it during meals unless instructed not to do so and only take it out for brushing your teeth, playing contact sports (like rugby and hockey) and swimming.

How should I remove my brace?

Remove your brace carefully by gently pulling it down on the clips at the back. When you are not wearing your brace, keep it in a protective box.

Please note that there is a charge to replace your brace if you lose/break it ranging from £90 to £120 depending on the type.

How do I look after my brace?

To keep your removable brace clean soak it in a retainer cleaning solution once a week. You can also clean it with a toothbrush and water. Don't use toothpaste to clean your brace.

Anything I should avoid?

Please avoid clicking your brace in and out repeated at this may cause it to weaken and break. If you experience any problems please make an appointment to see us as soon as possible. In the meantime try to continue to wear your brace.

Routine Dental Care

We will regularly assess your progress but it's also important that you continue to visit your Family Dentist for regular checkups.

Cancellation of appointments

If for some reason you cannot attend your appointment, try and give us at least 24 hours notice. You may be charged for failure to give us sufficient notice. Currently, the charge is £20 per missed appointment.

For more information on how to keep your smile looking great, please visit our website:

www.ayrshireorthodontics.com

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