

Removable Brace Guide

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This brace is an extremely important part of your treatment!
Please do not stop wearing this appliance until you are advised to do so by your orthodontist!

Advice for Removable Braces

Your brace is an important part of your treatment. It is usual to have a removable brace for approximately 9-12 months.

Your new brace will feel strange at first, and it may be difficult to speak clearly for the first few days. Do not worry, any discomfort and speech difficulties will wear off providing you persevere and wear the brace as instructed.

This advice must be followed to ensure that your orthodontic treatment is successful. If you have any problems which are not answered below, please do not hesitate to ask.

WHEN TO WEAR IT

Your brace must be worn **all the time** including during meals. This means all day and all night whether you are at home, at school, or in bed. Teeth only move under continuous pressure so if you keep taking your brace out it is unlikely to work!

SPORTS

We recommend you take your brace out for contact sport, swimming or skiing. When not in your mouth, the brace should be kept in a brace box or similar container, **not in a tissue** or loose in your pocket.

CLEANING

The brace and your teeth must be kept clean. Rinse the brace after meals and brush it with a toothbrush and toothpaste when you clean your teeth. Always put the brace back in immediately after cleaning or rinsing.

DAMAGED BRACES

Orthodontic braces are fragile and must always be handled with care. If there are problems with your brace please telephone to speak to one of our triage nurses. They will advise you over the phone and book an appointment if necessary. Try not to leave your brace out completely as the teeth may move back and the brace will not fit well. Remember, replacement braces are not provided free of charge.

If the brace is lost or damaged beyond repair, you will be charged for a replacement. So remember: **it pays to take care of your brace; the safest place, for your brace is in your mouth!**

APPOINTMENTS

It is essential you attend at regular intervals to have the brace checked and adjusted. Missed appointments will mean that your treatment takes longer than necessary.

PROBLEMS?

If you are having problems, advice is available on our Questions and Answers page on: www.cheltenhamorthodontics.co.uk

Or contact us to speak to one of our triage nurses between 0830 to 1730 (Monday – Friday) on 01242 248788

Brace Box

For the storage of your removable brace when the brace is not being worn (i.e. during sports). The NHS will charge you for replacement braces – so don't lose it!

Retainer Brite Cleaner

Cleaning agent for your brace that does not affect the metal where some other cleaners may.

Clean your brace with your toothbrush and toothpaste before you put it in the brace cleaner. This is so that the brace cleaner has access to all the areas of your brace and it can remove the bacteria that you cannot see. Soak for 5-10 minutes.

Brace Relief Wax

Your mouth is very perceptive and your new brace may rub your lips and cheeks. The Brace Relief Wax acts as a cushion while your mouth gets used to your brace.

1. Dry the teeth/brace in the relevant area with tissue or kitchen roll.
2. Pinch off some wax.
3. Mould around teeth and brace.
4. Replace as necessary.

All items are available at reception at Cheltenham Orthodontics.

**CLEAN TEETH and NO BREAKAGES
means YOUR treatment ends quicker!**