

CARE OF YOUR REMOVABLE APPLIANCE

Things you may have noticed about your appliance:

1. Speaking

At first, talking may be difficult but this will pass shortly and your speech will be normal again. Do not avoid speaking or the adjustment period will be longer.

2. Cleaning

After each meal, take your appliance out to clean your teeth and the appliance. A large dental toothbrush can be used to clean your appliance. (Your own toothbrush can also be used to clean your appliance.) If you cannot brush at school, then rinse your mouth and your appliance with water.

3. Wearing

Wear your appliance as instructed by your orthodontist.

4. Removing

Ease the appliance out of your mouth using a clasp in the back. NEVER pull on the springs or front wire as this will bend them and result in moving your teeth in the wrong direction.

5. DO NOT:

Chew gum as it will stick to your appliance.

Wear your appliance when swimming as it may slip out of your mouth and be broken or lost.

6. Difficulties

Should there be any discomfort or should the wires/appliance become broken or the appliance misplaced, call to advise us of this immediately.

7. Appointments

Always bring your appliance with you to every appointment.