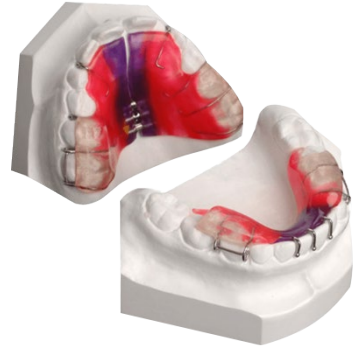


IMPORTANT INFORMATION ABOUT REMOVABLE APPLIANCE

- Wear appliance all the time, you should **NOT** have appliance out of the mouth for more than 2 hours per day.
- If doing any contact sport and require a mouthguard, remove the appliance and place it in the secure box provided.
- Try eating with appliance in, only if struggling then you may remove for a short period of time and place the appliance back in after eating but please remember to clean your teeth and appliance.
- Brush your teeth 3x per day using fluoride toothpaste and clean the appliance using the froth of the toothpaste that is left over after brushing your teeth or alternatively use liquid hand soap.
- It is normal to feel achiness, tenderness and pain during the first few weeks as appliance is being worn this gets better with time.
- It is normal to have a lot of production of saliva in the beginning and for you to have a lisp but again once the appliance has been worn over time this will get better.
- Avoid hard, sticky and chewy foods. Keep meals to 3 - 4 meals per day and avoid snacking throughout the day.
- It is advisable to drink water throughout the day and avoid fizzy and sugary drinks.



Can I eat with them in?

It is advisable to eat with the appliance in, however if you find it difficult you may remove the appliance just for eating and then place it back in straight after eating. Please be aware teeth and appliance need to be cleaned.

How do I brush/take care of them?

Gently remove your appliance from your mouth using fingers on both sides. After you have brushed your teeth, gently place the appliance in the palm of your hand to support it and begin brushing ALL surfaces of the appliance using a soft or medium brush with liquid soap/left over toothpaste for 10 seconds then flip it over and clean the other side for another 10 seconds. It is advisable to soak your removable appliance in a solution every week, you can use 'Retainer Brite'.

What do I do if I lose or break my removable appliance?

Please call the practice immediately to schedule an appointment. Where possible, an appointment will be offered within a few days, but please note that this may be at any time during the day and you may therefore need to take time off work or school to attend.

What are the fees for removable appliance?

Appliance breakage is rare but may happen if care is not taken. Careful eating and avoidance of hard foods minimizes the risk of breakages. The fee for breakages are between £300-550, and is dependant on if appliance can be repaired or a new one needs to be made and what the laboratory charges.