

NON-REMOVABLE APPLIANCES

The appliance that we have placed in your mouth is designed to hold the shape of your arch. It consists of “bands” or rings, which have been properly fit on your molar teeth at your previous appointment and a bar, or heavy wire, which joins the bands and provides the stabilization required.

The appliance should remain securely affixed to your teeth for as long as it is necessary. This means you cannot remove it, it will be removed in our office when it has done its job.

It may take your cheeks, lips, and tongue a couple of days to get used to the feel of this new appliance. If you notice an irritated area on your cheek or tongue you may want to use some orthodontic wax to help cover part of the appliance or bands. Just roll a small ball of wax between your fingers and gently press it on the brace causing the irritation. This will help your cheek or tongue feel better as it adjusts. Remember to remove the wax ball before you eat or brush your teeth.

It is important that you spend a few extra minutes brushing your teeth, especially around the bands on your back molars. It is also important that you clean above and below the wire as well as the wire itself, being careful not to push or pull on it in any way.

In order to make sure your braces remain securely attached to your teeth there are a few foods you have to avoid: sticky foods such as chewing gum, gummy bears, caramels, jujubes, and hard foods such as nuts, peanut brittle, or ice cubes. These foods could either stick to the braces or break or distort the wires. It's a good idea to cut up all other food into bite-sized pieces, and chew with your back teeth.

If you notice that a band is loose or the wire is bent or broken, call our office right away and explain what the problem is so that we can arrange the appropriate appointment to fix or repair it for you. Please tell the receptionist that you are wearing a “**non-removable appliance**”. If a problem occurs over a weekend, or a time when our office is closed, continue to wear your appliance if you are able. Leave a message on our answering machine and we will contact you as soon as possible. If you require immediate attention you may wish to contact your family dentist, an emergency dental clinic or your hospital. Please bear in mind that you may be charged for these emergency appointments.

You will be seen at regular intervals to have your appliance checked and adjusted. Your toothbrushing will be checked at each appointment as well.

We look forward to your appointments with us and we know that you will find it surprisingly easy to get accustomed to your new appliance.