

REMOVABLE APPLIANCE

Congratulations on receiving your new orthodontic appliance. Your appliance is removable so it's important to know that unless otherwise instructed, your new appliance **must be worn at all times**. The exceptions include brushing your teeth, swimming or playing contact sports. It should be worn when you are eating, to help reduce treatment time.

You may notice extra saliva in your mouth, and your speech may be slightly affected for the next few days. You will soon adjust to this if you wear the appliance full time as you have been instructed.

Your appliance is delicate and without proper care, your appliance will collect debris and bacteria which can lead to irritated, swollen gums, possible improper fit of the appliance, as well as an unpleasant odour.

Remember:

- ❑ Always remove your appliance before you brush your teeth.
- ❑ Carefully and thoroughly brush both your teeth and your appliance after every meal and before bed.
- ❑ Put some water in the sink or a towel on the counter, and brush the appliance over the water or the towel. This will cushion the appliance if it drops during cleaning.
- ❑ To brush the appliance, hold the plastic part and brush the entire plate both top and bottom. Also brush the wires, taking care not to bend or distort them.
- ❑ Do not use hot or boiling water to clean the appliance – use warm or cool water only.

If your toothbrush is simply not available, remove your appliance, rinse your mouth with water, and rinse all loose food debris from your appliance before replacing it.

Should you need to disinfect your appliance, scrubbing it with toothpaste or soaking it in diluted mouthwash will usually cleanse it adequately. Effervescent tablets can also help.

The easiest way to prevent loss or breakage of your appliance is to keep it in your mouth! **Never wrap it in a tissue or place it in your pocket.** Do not play with it or flip it with your tongue. Remove it only by the clasps at the sides of the appliance as you have been instructed.

If you lose or break your appliance, or if it does not fit properly, call the office immediately and let us know that you are wearing a “**removable appliance**”. If a problem occurs over a week-end, 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.