BOSTON
ORTHODONTICS

IMPORTANT THINGS TO REMEMBER ABOUT YOUR REMOVABLE APPLIANCE

- Make sure to wear your brace at all times, including mealtimes and bedtimes. Your brace should only be taken out for cleaning after each meal and before contact sports but remember to put it straight back into your mouth. When the appliance is out of the mouth it should ALWAYS be placed in a protective box, as it is delicate and expensive to replace.
- You will have to get used to eating with your brace in. Avoid sugary and sticky foods and try cutting food into small pieces instead of taking big bites. You will get used to it in no time.
- You must clean your brace and teeth regularly. Remove your brace after each meal and before going to bed so that you can clean your brace and your teeth. To clean your brace, rinse it (holding it by the plastic bits), and then scrub it gently with your toothbrush. For cleaning you can use toothpaste containing fluoride. Once your brace is clean place it into your container and then clean your teeth. Do not soak your brace in bleach or any other chemicals, you can use a retainer cleaner sold as Retainer Brite at the pharmacies.

DISCOMFORT: You may have some discomfort when your brace is first fitted and after each adjustment. This is normal. Mild pain killers such as Paracetamol or Ibuprofen are usually sufficient to relieve the discomfort. It is important not to keep taking your brace out to give yourself a rest from any discomfort. Please call us if the discomfort persists longer than 4-5 days.

SPEECH: A removable brace may make you lisp at first. It occurs because the plastic of the appliance is covering the sensitive part of the roof of the mouth where the tongue contacts to make "T" and "S" sounds. This will disappear as long as the brace is worn full time. If you keep taking the appliance in and out the tongue will not adjust and you will not settle to your brace. You may experience the sensation of extra saliva in the mouth. This occurs as a reflex response similar to the presence of food in the mouth. Given time the mouth realises that the brace is not food and the increased salivary flow will abate

GENERAL WEAR: Make sure that you insert and remove your appliance only as shown at your fitting appointment. To avoid weakening the appliance, resist the temptation to flick the appliance in and out with the tongue, or picking at it, which will fatigue the appliance and cause it to break. The appliance will work best if it is left alone to do its job. If you are unsure of any of the instructions that you have been given, if your appliance does not seem to be functioning properly, if it is hurting, broken or if for any other reason you cannot wear the appliance as shown, it is important to let us know as soon as possible. Please, do not leave it to your next appointment.

REMEMBER TO BRING YOUR APPLIANCE TO EVERY APPOINTMENT

Remember: Take the appliance out in the morning and evening to brush your teeth, take it out to rinse after meals, Take it out for games if there is a risk of it being knocked out but always put it in an appliance box whilst it is out and replace it immediately after. Keep it in at all other times including eating. Do not fiddle with the brace. Avoid sweets, sweet snacks and hard foods. Continue your regular check-ups with your dentist.