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## Care Guide No.1 Removable Brace Care

**Your new brace has been carefully made to fit your mouth only. To carry out your treatment as quickly as possible, please follow these guidelines closely.**

Your brace should be worn all day and night unless you are advised otherwise. The more you wear it the quicker the treatment will be completed.

Only take your brace out for cleaning, playing sport, swimming and eating. You must place your brace in a box if it is out of your mouth. If you lose your brace, the Health Service will expect you to pay for a new one. A box can be purchased from the practice reception. Place a contact number on the outside of the box so that if lost, it can be returned to you.

For functional braces only, you should build up the wear over 3 weeks. In the first week, only wear your brace in the evenings and remove before going to bed. In the second week, wear your brace all evening and overnight, only removing it for eating and cleaning. In the third week, wear your brace full time, including at school. Only remove it for cleaning, eating and playing sport. Avoid drinking fizzy or sugary drinks.

You might talk with a lisp for up to a week after your brace is fitted. The only way your speech will return to normal is if you wear your brace full time. Your mouth will water for a few days after your brace is fitted and you will want to swallow more than normal. This is only until your mouth gets used to your brace.

Remove your brace to clean your teeth. Remember to brush the roof of your mouth to stop your mouth getting sore underneath your brace. Clean your brace using your normal tooth brush and tooth paste. Rinse only with cold water.

Your brace should be cleaned after all meals. If you are at school and cannot use tooth paste, rinse your brace under the tap and rinse out your mouth to make sure there is no food trapped under your brace. Last thing at night, take out your brace, clean it with your toothbrush, clean your teeth and then replace the brace in your mouth.

Avoid sweets, sugary and fizzy drinks, hard foods and chewing gum. This is to avoid marks appearing on your teeth and to avoid breaking your brace.

Your brace will loosen between appointments and will be tightened at each appointment. If it becomes too loose to wear between appointments, please contact the practice.

Make sure you fit your brace as instructed by the orthodontist. When removing your brace, pull only on the clasps at the side of your mouth. If the brace breaks or is hurting you, continue to wear it if you can and contact the practice as soon as possible. It is in your own interest not to miss appointments as treatment will take longer. Your teeth are at risk if the brace is not monitored regularly by the orthodontist.