



## **Instructions for the care of Removable Braces.**

Appliances should be worn at ALL times, including meal times unless otherwise instructed.

Appliances should NOT be worn when brushing teeth, swimming or during contact sports. Keep the appliance safe in a protective container when not being worn.

If the appliance is lost or damaged outside the mouth the new replacement must be paid for.

Sweets should be avoided as these may damage your teeth.

All appliances collect food, even under the plate. After meals they should be removed and rinsed then replaced.

The appliance should be cleaned twice daily with a tooth brush and toothpaste.

If the appliance becomes painful or loose, please contact the surgery as soon as possible, if it's not worn then the teeth may relapse and this will increase treatment time.

Sign.....

Date.....