



REMOVABLE APPLIANCE CARE

- Braces should be worn at all times, including mealtimes and whilst sleeping, unless otherwise instructed. Take them out for cleaning and contact sport and keep them in a safe box.
- You will need to clean your teeth and the brace at least twice a day. Rinse the brace under the tap after every meal and clean it with your toothbrush and toothpaste when you brush your teeth, use a cleaning agent (Retainer Brite). A dirty brace can damage your teeth.
- Sticky and very chewy foods can damage the brace. Be sensible. Toffee and chewing gum are banned! Fizzy drinks will damage your teeth.
- If the brace is damaged, please contact the practice as soon as you can so that we can arrange to fix it.
- Remember, if the brace is lost, broken beyond repair or ill-fitting due to lack of wear, NHS regulations are such that a fee is payable before a replacement can be provided.
- If you are in any doubt about how to care for or wear your brace, call us.
- You should continue to attend your dentist for regular check-ups.
- A brace requires regular adjustments and you must attend all the appointments given.
- If you miss an appointment, please contact the practice as soon as possible.
- If you fail to attend appointments or do not wear the brace as instructed we will be forced to stop your treatment.
- If you do not wear the braces as instructed, it could result in failure of the orthodontic treatment.

The success of your treatment depends on you.

Please see the visual instructions, (as approved by the British Orthodontic Society), on our website.

THE CENTRE FOR SPECIALIST ORTHODONTICS

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