



## Instructions for your removable brace

- Wear the brace all the time. Including eating and sleeping.
- Take it out to clean after you have had something to eat, and to brush your teeth, brush your brace with your toothbrush, and toothpaste the same as your teeth and and put it straight back in
- Take it out to play contact sports and put in a mouthguard and put your brace in a box (available at reception)
- Pull it out using only the wires at the back, then at the front when both back ones are out
- Make sure when you put it in that any side springs are in front of the teeth they are designed to push back
- Eating may be difficult as your back teeth may not fit together, this is normal and will improve
- Speaking will be difficult due to the plate over your palate this will improve in a few days
- If you have a screw on your brace remember to turn it 1 or 2 times a week (as instructed by the orthodontist) ONLY in the direction of the arrows on the brace
- Be careful with your brace, they cost £60 to replace. If it is not in your mouth for playing sports, then it must be in a box.