

**DEPARTMENT OF ORTHODONTICS AND DENTOFACIAL
ORTHOPEDICS
GOVERNMENT DENTAL COLLEGE, THIRUVANANTHAPURAM**

PATIENT INSTRUCTIONS FOR WEARING REMOVABLE APPLIANCE

About your appliance

Your removable appliance consists of an acrylic plate, which covers the roof of your mouth,

Initial difficulties

- At first the appliance will feel very big. You may make extra saliva, find it difficult to swallow and talk. These problems will soon improve.
- Incorporating wire and springs, to move the teeth. Remove and insert the appliance as shown by the Orthodontist Practice it before you leave

Hours of wear

You must wear your appliance all the time- except for the following reasons

Cleaning - Your appliance should be removed for cleaning after meals. It can be cleaned using toothbrush and toothpaste after you have cleaned your teeth. Alternatively you can use a nail brush with warm soapy water. Pay particular attention to the fitting surface. If you are out and do not have a toothbrush available wash the appliance under a cold water tap and rinse your mouth out

DO NOT PUT YOUR APPLIANCE IN TO VERY HOT WATER OR BLEACH.

Contact sports and wind instrument playing- If the appliance has to be removed for such activities it must be put in to a small rigid plastic container. If you put it in your pocket the springs can get easily damage or bent.

End of treatment Once your teeth are in the correct position it may not be necessary to wear the brace full time. Wait until your orthodontist tells you that you have reached this stage.

Eating

The appliance must be worn for meals. This will be difficult initially but you will quickly adapt to it. Please do not chew gum or eat sticky things (like toffee) because these can damage the appliance.

Problems

If your appliance is damaged, doesn't fit, hurts or keeps falling out, please contact the orthodontist promptly.

REMEMBER! WHEN THE APPLIANCE IS NOT IN YOUR MOUTH YOUR TEETH ARE NOT IMPROVING. Previous progress can be lost. If you do not wear the brace as instructed we may have to stop your treatment.

INSTRUCTIONS TO PATIENTS WITH A FIXED APPLIANCE

Taking care of your fixed appliances is very important. You must clean your teeth thoroughly and be very careful not to break your brace.

CLEANING

1. Use your orthodontic toothbrush to go across at the front of your mouth and backwards and forwards at the sides ie: **ALONG** the archwire. Clean the teeth in each jaw separately.
2. Use the small interdental toothbrush to clean any remaining plaque off your teeth. Concentrate on the area between your gums, the brackets and underneath the archwire.
3. Always clean after every meal and before you go to bed
4. Use toothpaste which has fluoride in it.
5. Using a fluoride mouth rinse or fluoride gel is advisable. These should be used last thing at night.

EATING

You must be careful with what and how you eat. You must avoid anything too hard or sticky i.e. toffees, chewing gum, crusty bread, nutty breakfast cereals and hard biscuits.

You must also stay away from fizzy drinks because the high sugar and acidity can cause permanent marks on the teeth.

From now on all food, even things you think are soft, **MUST** be cut up first into small pieces and chewed gently on your side teeth. A breakage can put treatment time back and mean that your braces will be on longer than necessary.

PROBLEMS

After your brace has been fitted your teeth will feel tender, this is normal. Mild painkillers such as Paracetamol or Ibuprofen will help. If brackets or bands rub your lips and cheeks you may need to use brace relief (wax).

You need to attend routine check up appointments with your dentist during your orthodontic treatment.