

Your removable brace has have been carefully designed to fit your mouth exactly and straighten your teeth as quickly as possible. This appliance may just be used for part of your treatment in conjunction with other appliances.

Your brace may feel uncomfortable for about five days and during this period your speech may be affected and eating will be difficult.

## Compliance

It is important that you wear your brace at all times and avoid eating hard and sticky foods. Follow your Orthodontist's instructions regarding meal time wear.

Your brace should be removed for swimming and contact sports. Take the brace out carefully using the clips at the back. When putting the brace back in, make sure the wires go into the correct place. If you remove the brace, place it in a rigid box to avoid it breaking as replacements can be expensive.

Avoid clicking the brace in and out repeatedly as this weakens it and it will break thus prolonging treatment.

If there is a screw in your brace, this should only be turned as instructed  times per week.

If you have headgear, this should be worn all the time you are indoors and through the night or as directed.

## Cleaning

Clean your appliance with a toothbrush and water but do not use toothpaste which will make the appliance dull and discoloured. Your appliance can be freshened up by using a special cleaner such as "Retainer Brite". This is available for sale in your Total Orthodontics practice.

## Duration of Treatment

The total length of treatment varies but rarely exceeds 18 months. It's important that you still attend your own general dentist for regular dental check-ups.

## Problems

If your brace breaks or becomes uncomfortable try to continue wearing it and contact us immediately for an appointment. There will be a charge for lost appliances or appliances damaged beyond repair.

