

Removable Braces



Your removable brace has been carefully made to fit your mouth exactly. Over the first few days it may feel a little uncomfortable and you may find it difficult to talk and eat with the brace in your mouth.

Your brace is an important part of your treatment and should be worn day and night. Wear it during meals unless instructed not to do so and only take it out for brushing your teeth, playing contact sports (like rugby and hockey) and swimming.

Remove your brace carefully by gently pulling down on the clips at the back. When you are not wearing your brace keep it in its protective box. We should make you aware that there will be a charge to replace your brace if you lose it.

To keep your removable brace clean, soak it in Retainer Brite once a week. You can also clean it with a toothbrush and water. Don't use toothpaste to clean your brace.

Please avoid clicking your brace in and out repeatedly because this will cause it to weaken and break. If you do experience any problems please make an appointment to see us as soon as possible. In the meantime try to continue to wear your brace.

We will regularly assess your progress but it's also important that you continue to visit your general dentist for regular check-ups.

For more information on how to keep your smile looking its best visit our website totalorthodontics.co.uk.