

Removable Appliances

What should I expect when my braces are fitted?

- Initially the brace may feel “weird” but this will settle down and you will get used to it.
- You may feel that you have a bit more saliva in your mouth again this is normal.
- Your speech may seem strange at the beginning but this will improve with practice.

When do I wear them?

- These braces are designed to be worn 24 hours a day, day and night, eating and sleeping, unless we instruct you otherwise.

When do I take them out?

- Clean the brace with a toothbrush and cold water.
- Removable braces can also be cleaned in retainer disinfectant, you can purchase this at reception.
- When the appliance is not in your mouth, make sure it is stored in the box provided.

Do I need to avoid anything whilst eating?

- Avoid hard, sticky or chewy foods, these can damage your brace.
- Avoid fizzy drinks, these can damage your teeth.

What should I do if my brace doesn't feel right?

- Continue to wear your brace as instructed but contact us as soon as possible and arrange an emergency appointment.

What should I do if I damage/lose my brace?

- Contact us as soon as possible and arrange an emergency appointment. Please bring all the parts of your brace with you as often they can be repaired.
- If you lose your brace, break it or fail to wear it as instructed there are charges for replacements.

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