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Do I still need to see my regular dentist?

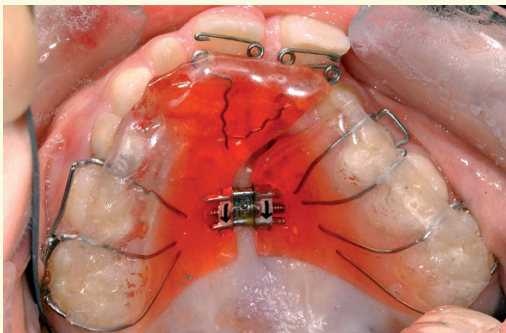
Yes. It will be important you still have check-ups with your regular dentist throughout orthodontic treatment so that your teeth can be checked for decay.

What do I do if I play contact sports?

You should wear a gumshield instead of your removable brace when you play contact sports. This will also be the case if you take part in activities requiring a protective helmet e.g. roller-blading, skateboarding and horse riding. Remove the brace for swimming as well. When not in your mouth, the brace should be kept in a protective box. Ask your orthodontist for further advice.

What if I play a musical instrument?

If you play a wind instrument, particularly the flute or a brass instrument, then you may be advised to remove the brace whilst playing. However, when the brace is not in your mouth it should be kept in a protective box to prevent breakage. You can discuss this further with your music teacher and orthodontist. Download the advice sheet on this subject from the BOS website (www.bos.org.uk).



REMEMBER

- **Brush your teeth for 2 minutes at least twice each day.**
- **Use an alcohol-free fluoride mouthrinse once every day.**
- **Avoid sugary snacks and drinks between meals and at bedtime.**
- **Avoid fizzy drinks.**
- **Avoid hard, sticky and chewy sweets and foods.**
- **Continue to visit your dentist regularly.**
- **Treatment usually takes about 6-24 months.**
- **You will need to wear retainers after your treatment finishes for as long as you wish to keep your teeth straight.**

What do I do if my brace breaks or I lose it?

Ring up for an appointment as soon as is reasonably possible. Do not wait for your next routine appointment as the breakage may slow your treatment or it may result in damage to your teeth. If you repeatedly break your brace, your treatment may be stopped early.

The daytime telephone number you should contact if a breakage occurs is:

Tel.....

This leaflet has been produced with guidance from the Plain English Campaign and British Dyslexia Association to make it easier for you to read

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Patient Information Leaflet

REMOVABLE APPLIANCES

BOS

BRITISH ORTHODONTIC SOCIETY

Registered Charity No 1073464 www.bos.org.uk

Now that you have a removable brace (appliance) you may have some questions you would like answered.

For more information about Orthodontics, please visit: www.bos.org.uk

Will it be painful?

It is likely to be sore for about 3 - 5 days each time the brace is adjusted. If necessary, painkillers such as the ones you would normally take for a headache, should help - please read the instructions on the packet. If there is an obvious area of soreness due to the brace, ring for an appointment as soon as possible. Don't stop wearing the brace or you will have a further 3 - 5 days of discomfort when you start wearing it again. If it is really too uncomfortable, wear the brace for 2 hours before your next visit and show the orthodontist where it is rubbing.

How else might it affect me?

Your speech will be different at first.

Practice speaking with the brace in place e.g. read out aloud at home on your own. In this way, your speech will return to normal within a couple of days.

To begin with you may produce more saliva and have to swallow more than normal. This is quite normal and will quickly pass.



A removable brace on the top teeth and a fixed brace on the bottom teeth

Can I eat normally?

Yes, you should be able to eat normally. It is important you keep the brace in whilst eating unless you are otherwise instructed. Although it may be difficult at first, eating with the brace in place will become easier with time. After each meal, remove the brace and clean/rinse it thoroughly. For your orthodontic treatment to work well, and in the shortest possible time, it is important that you take care of your teeth and brace.

In order to avoid damage to both, you should:

- Avoid sugary snacks/drinks between meals and at bedtime.
- Avoid sticky, chewy or hard sweets, mints and sugared chewing gum.
- Avoid fizzy drinks (including diet drinks) and large amounts of fruit juice.
- Hard or chewy foods - such as apples, carrots and crusty bread - can damage your brace. Avoid them or cut them up first!

What about tooth brushing?

It is important that you brush your teeth well for at least 2 minutes, twice a day. Use a fluoride toothpaste. If possible, carry a brush with you for use after lunch.

Take the brace out to clean your teeth. You should also gently clean the brace with a toothbrush and soapy water over a sink of water, taking care not to damage the wires.

To further protect the teeth, use an alcohol-free fluoride mouthrinse daily at a different time to when you brush your teeth. Avoid eating or rinsing for 20 minutes after using it.

Sugary snacks/drinks and poor cleaning of your teeth and brace will lead to permanent damage to your teeth as shown in the picture below.



Damage caused by the brace due to sugary snacks/drinks and poor brushing

Can I remove the brace?

Yes, but you should only remove it for cleaning. Do not repeatedly click the brace in and out with your tongue as this will break the wires and increase the length of time the treatment will take.

How long will treatment take?

It usually takes 6-12 months but will vary according to how severe your case is. You may need to progress on to a fixed brace for another 12 months to complete your treatment. Failed and cancelled appointments or repeated breakages of the brace will increase the length of time the treatment will take.

How often will I need an appointment?

You will need regular appointments during treatment for the brace to be adjusted.