

Your brace has been made to be as comfortable as possible. It will be awkward at first but will settle in soon. Please wear it all the time and your teeth will move quickly. It will only work if it is worn as instructed by your orthodontist.

Some questions and answers about your brace:

When should I wear it?

You must wear your brace at all times including during meals, when out with friends and at night in bed. The treatment will finish more quickly this way.

How long will it take to get used to it?

At first your brace will feel big in your mouth and make eating and speaking more difficult. This should only last for a few days IF you wear it all the time. You may need to swallow more often for the first couple of hours as extra saliva is produced.

Eat easy things at the beginning. Chop food into small pieces. You will soon become used

to the brace and be able to eat most of the foods you ate before.

Will my speech be affected?

Some words will be more difficult to pronounce at first. The letter "S" is awkward. Practise and you will improve in 2 or 3 days.

How often should I clean my teeth?

Morning and night and after meals – take out your brace and brush your teeth and gums. Then clean the brace with your toothbrush and put it back into your mouth.

After Meals when you do not have a toothbrush with you – take your brace out and rinse it under running water. This will clean the brace of loose food and allow you to rinse your mouth as well. You should brush your teeth as soon as you get home.

How do I clean the brace and my teeth?

Keep your teeth clean to prevent tooth decay and gum disease by using fluoride toothpaste.

To clean your brace rinse with water and brush all over with your toothbrush. Be careful around the delicate wires.



How can I clean my brace even more?

A proprietary cleaning agent RETAINER BRITE is available at reception. If the brace is steeped in this occasionally, after cleaning, it will freshen it up.



What food should I avoid?

Avoid sticky foods, especially toffee and chewing gum, as these can become stuck to the brace and difficult to remove. Hard food may damage the brace so please cut it into small pieces. At the beginning you will find it difficult to eat and so choose soft foods and cut them up so that they are easier to chew. You will soon manage to eat most things you did before.

Remember to keep seeing your own dentist even though you are having treatment here.

A removable brace is good for certain tooth movements like this. The top front teeth were trapped behind the bottom front teeth and now they have been pushed in front of them.



What should I do if I have any problems with the brace?

Discomfort: If the brace is digging in and causing some discomfort try leaving it out for a few hours and then wear it again. If the problem persists then telephone the practice for advice.

Broken: If the brace is broken then please telephone the practice for advice. Do not put small broken pieces into your mouth.

LOST BRACES__If you loose your brace a charge will be made for its replacement. This is a **NATIONAL HEALTH SERVICE** charge and is currently about £60. The practice cannot remake your brace unless this money is paid in full. You may receive a full or partial refund from **Forth Valley Health Board**. This is entirely at their discretion.

MISSED APPOINTMENTS It is very frustrating and wastes our time if you simply fail to attend for an appointment. Your brace needs to be adjusted and checked regularly, please contact the surgery as early as possible if you are unable to attend. The receptionist will happily rebook an appointment if it is inconvenient. **A charge will be made for missed appointments or appointments cancelled at less than 24hrs notice.**

Removable Appliance



18 Meeks Road
Falkirk

41Dumbarton Road
Stirling

01324 621130

01786 475997

www.centralortho.co.uk

