

# POND SQUARE DENTAL

## ORTHODONTIC REMOVABLE APPLIANCES

### What is an orthodontic removable appliance?

A removable appliance is a type of brace that can be taken in and out of your mouth. It is used to gently move your teeth into a better position. For treatment to work properly, it must be worn exactly as instructed by your orthodontist.

### How long should I wear the brace each day?

You should wear your brace full-time (day and night) unless advised otherwise. It should only be removed for cleaning and for specific activities if your orthodontist tells you to do so.

### What happens if I do not wear it?

If the brace is not worn as instructed, your teeth will not move as planned. This can delay your treatment or prevent it from working properly.

### How else might it affect me?

Your speech may sound slightly different at first. This is normal and will improve quickly. Practising speaking out loud, such as reading at home, will help your speech return to normal within a few days.

You may also notice more saliva than usual at the beginning. This is temporary and will settle quickly.

### Will it be uncomfortable?

- It is normal to feel some soreness for 3–5 days when the brace is first fitted or adjusted.
- If needed, you can take your usual over-the-counter pain relief.
- If the brace is causing a specific sore area, contact the practice to arrange a review.
- Do not stop wearing the brace, as this can delay treatment and cause further discomfort when you start wearing it again.

### Can I eat and drink normally?

- Always remove the appliance while you eat.
- Do not chew bubble gum with the appliance in.
- Avoid sugary snacks and drinks between meals and at bedtime
- Avoid fizzy drinks (including diet drinks) and large amounts of fruit juice

### What about tooth brushing?

- Brush your teeth thoroughly for at least 2 minutes, twice a day, using fluoride toothpaste. If possible, carry a toothbrush for use after lunch.
- Remove your brace to clean your teeth.
- Clean the brace gently with a toothbrush.

### What if I play sports or a musical instrument?

- For contact sports, remove your brace and wear a mouthguard instead.
- Remove the brace for swimming.

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- If you play a wind or brass instrument, you may be advised to remove the brace while playing. You can discuss this with your orthodontist.

**Do I still need to see my regular dentist?**

Yes. Regular dental check-ups and hygiene appointments are important during orthodontic treatment to ensure your teeth remain healthy.

**How often will I need appointments?**

Every 4 to 8 weeks.

**How long will treatment take?**

Treatment usually takes between 6 and 12 months, depending on your individual case. Some patients may need a fixed appliance afterwards for around 12 months.

Missed appointments or repeated cancellations can increase the length of treatment.

**What should I do if my brace breaks or is lost?**

Contact the practice as soon as possible. Do not wait until your next routine appointment, as this may delay your treatment or cause damage to your teeth.

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