

FIXED APPLIANCE INSTRUCTION SHEET

1. Your appliance is now fixed to your teeth. **Do not attempt to remove or alter it.**
2. Some discomfort may occur at first. If it persists for more than two days, please phone the practice for an appointment.
3. **Please keep your teeth and appliance perfectly clean.** Especially the area between the appliance and gums.
4. **Brush** your teeth, appliance and gums – ideally after every meal, but at least **after** breakfast and **before** going to bed.
5. **Rinse** your mouth very thoroughly with cold water if you cannot brush your teeth after a meal.
6. **Be careful** with your appliance. **Do not** eat very hard or sticky foods, especially toffee or chewing gum, as they will loosen or break the appliance.
7. If the appliance breaks, a band becomes loose or anything else goes wrong with the appliance, please phone the practice immediately. **Please keep any broken pieces and bring them with you.**
8. Your appointments may be quite long and a specific time is reserved for you. If you need to change your appointment, please inform us as soon as possible. **Frequent missed appointment make a good result unlikely.**