

REMOVABLE APPLIANCE INSTRUCTION SHEET

1. **Wear your appliance all the time – day and night, remove only for sports and eating.**
2. Some discomfort may occur during the first few days. This usually disappears if the appliance is kept in the mouth.
3. **Keep your teeth and your appliance perfectly clean.**
4. **Brush** your teeth, appliance and gums, with the appliance out of the mouth – ideally after every meal, but at least **after** breakfast and **before** going to bed.
5. **Clean** your appliance after **every meal** by rinsing or gently brushing under cold water. Replace it immediately after cleaning.
6. **Be careful** with your appliance. Insert and remove it carefully as shown. **Avoid** very hard or sticky foods, especially toffee or chewing gum, as they will break or bend the wires and delay treatment.
7. **If you cannot wear your appliance properly** because it has broken, bent or is loose, or your mouth is sore or for any other reason, 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.**

For Screw Appliances

Make a list of all Wednesdays and Saturdays for the next three months, and keep the list where it will be seen each day.

Every Wednesday and Saturday

Hold the glossy side of the brace upwards. Insert the key into the hole in the screw and turn the key in the direction shown by the black arrow.