

Congratulations on having your removable brace fitted!

To achieve successful treatment with your removable appliance it is important that you follow our care instructions to ensure your treatment goes as smoothly as possible.

At Colchester Orthodontic Centre **we advise:**

- Your removable brace should be worn full time (day and night) including eating and drinking. Failing to wear the appliance full time will result in treatment time taking longer and unsuccessful movement of the teeth.
- Your removable brace should be removed for cleaning, any contact sports and swimming
- When not being worn, your brace should always be kept safe in the retainer box we provide to prevent it from getting lost or damaged

Your removable appliance must be **clean at all times** and we recommend that you follow the following cleaning instructions:

- Teeth must be brushed in the morning, evening and after every meal
- Your removable brace should be cleaned twice a day when you clean your teeth (morning and evening)
- We recommend you clean your brace with retainer brite and a non abrasive fluoride toothpaste and toothbrush. Each should be done once a day.
- Once you have cleaned your brace rinse it under water before wearing it

We recommend that you **avoid** the following:

- Hard chewy foods must be avoided as this can damage your brace, we recommend that you avoid the following:
 - Hard boiled sweets, chewing gum, sticky toffees and crunchy foods
- Any crunchy foods must be cut into small pieces such as apples or carrots
- Fizzy drinks and cordials are very damaging to your teeth and should be avoided.
- The occasional fizzy drink is acceptable however must only be drunk at meal times and your teeth should be cleaned straight afterwards.

You must make sure that you look after your brace to prevent it from getting lost or damaged. Please be aware that if this is the case a fee will incur for a replacement. Replacement cost on the NHS is £84.80 and privately £150

If at any point during your treatment you are unable to wear your brace as instructed by your Orthodontist/Orthodontic Therapist then you must contact the practice as soon as possible where we can arrange an appointment for you to have this looked at.

If you have any other concerns regarding your removable brace please still contact us on **01206 756210** where we will be happy to discuss these with you.