

## WEARING A REMOVABLE BRACE

Getting a great smile depends very much on your cooperation. Please read and follow these instructions carefully.

## GETTING USED TO YOUR BRACE

It will take a few days to get used to your new brace, you may find that it makes you salivate or it may affect the way you speak. Do not worry these things soon get back to normal

## WEARING YOUR BRACE

It must be worn at the times stated by your Orthodontist which may include when you are asleep and meal times. Make sure you listen to the Orthodontist and follow their instructions. The more you wear your brace the quicker your treatment will be. The brace may be taken out during sports and swimming – BUT it must be kept safe in a box and put back in your mouth as soon as possible.

## CLEANING YOUR BRACE

Keep your teeth and brace clean by

- Brushing your teeth and brace after every meal
- Rinse your brace to remove food if you cannot brush your teeth

## TAKING YOUR BRACE OUT

Always pull on the clips around your back teeth

## A BROKEN BRACE

If your brace brakes then continue to wear it if at all possible and contact us as soon as possible.

It is important that you see your own dentist for regular dental check ups