



Sutton Orthodontic Centre
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Patient Information Leaflet **Removable Appliances**

Is it painful?

Having the brace fitted is not painful but it is common to have slightly tender teeth for 3-5 days after fitting and each adjustment appointment. If necessary, simple painkillers may help (i.e. Paracetamol or Ibuprofen). Please ensure you follow the instructions on the packet.

How else will it affect me?

Your speech will be different. Practice speaking with the brace in (read out aloud at home) and your speech will return to normal within a few days. You may also need to swallow a lot more to begin with. This is normal and will quickly pass.

Can I eat normally?

Yes you should be able to eat normally. It is important you keep the brace in whilst eating unless you are otherwise instructed. It may be difficult at first but will get easier with time. After each meal remove the brace and rinse it thoroughly. For your treatment to work quickly and well it is essential that you look after your teeth and your brace. You should:

- Avoid eating toffees, boiled sweets, chewing gum, hard or chewy chocolate bars, etc.
- Avoid fizzy drinks and excessive amounts of fruit juice.
- Take care eating hard foods which might damage the brace such as crunchy apples, crusty bread, etc. Cut them up first.

What about toothbrushing?

You should brush your teeth 3 times a day with a fluoride toothpaste. Pay particular attention to where the gums meet the teeth. Take the brace out to clean your teeth and gently brush the brace, taking care not to damage the wires.

A daily fluoride mouthrinse should also be used last thing at night, after toothbrushing, to further protect your teeth. If you do not keep your teeth and brace clean you may find there is permanent scarring of your teeth.

Can I remove the brace?

The brace is removable but it should only be removed for cleaning unless you are otherwise advised. Do not click the brace in and out with your tongue as this will break the wires and increase the length of your treatment time.

How long will it take?

Depending on severity, most cases take between 6-24 months to complete. You may need to wear the brace at nights for a while after the active phase is complete. It is also sometimes necessary to proceed to a second phase of treatment with a different type of brace. Your orthodontist will advise you about these possibilities.

What do I do if my brace breaks?

Ring up the practice for an emergency appointment as soon as is reasonably possible. Do not wait until your next routine appointment as this may slow down treatment. If you repeatedly break your brace treatment may be stopped.

How often will I need to be seen?

You will need regular visits during treatment for the brace to be adjusted. You may be charged for missed appointments.

Will I still be able to play contact sports?

Yes, but you should wear a gumshield instead of the removable appliance during these activities. This includes riding a bike, roller skating or skateboarding, etc. When not in your mouth the brace should be in a hard protective box.

Do I still need my regular dentist?

Yes. You must continue to have regular check-ups throughout orthodontic treatment.