

CARE OF REMOVABLE APPLIANCES

Removable appliances are not used for all orthodontic problems, but in the right circumstances, they can be of benefit.

Wearing removable appliances:

Being a removable appliance means high levels of patient and parental cooperation are required. A removable appliance will only work when worn, and low levels of cooperation will result in ineffective treatment and substandard results. Where a removable appliance is used as a retainer, poor cooperation will inevitably lead to varying degrees of relapse towards the original malocclusion.

What to expect:

When first worn, removable appliances cause an increase in saliva flow and create speech problems. Both these complaints settle with time – more rapidly the better the appliance is worn. As with all forms of orthodontic treatment, expect teeth to become sore for a few days after placing the appliance or after adjustments to the appliance.

Care of the appliance:

Wear the appliance as directed by the orthodontist – it should only be removed for brushing, eating and sport. Keep the appliance clean – brush it as you do your teeth to prevent it from getting dirty or smelly.

Leave the appliance in its retainer box when not in the mouth. Appliances are easily lost or broken and can be expensive to replace. If a replacement appliance is necessary, **a fee will be charged.**

Keep the appliance away from hot water or direct sunlight to prevent distortion. Keep away from pets.

REMEMBER:

PROGRESS = FULL TIME WEAR

