

# Removable appliances

## Orthodontics Department Patient Information Leaflet

### Introduction

There are three main reasons for having orthodontic treatment:

- To improve the appearance of the teeth
- To improve the health of the teeth and gums
- To make it easier to eat

Now that you have a removable appliance (brace), you may have some questions. This leaflet aims to answer some of those questions.

### Will it be painful?

It is likely to be sore for about three to five days each time the brace is adjusted. If necessary, painkillers such as the ones you would normally take for a headache may help (please read the instructions on the packet).

If there is a sore area in your mouth as a result of the brace rubbing, please ring for an appointment as soon as you can on:

01384 244719 (9am to 4pm)

If possible, do not stop wearing the brace or you may have to go through another three to five days of discomfort when you start wearing it again.

## How else might it affect me?

Your speech will be different at first. It is a good idea to practise speaking with the brace such as reading out aloud at home on your own. In this way, your speech will return to normal within a couple of days.

You may also find yourself swallowing a lot 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 that you keep the brace in whilst eating unless you are told not to by the orthodontist. Although it may be difficult at first, eating with the brace in place will become easier with time. After each meal, remove the brace and rinse it thoroughly.

For your orthodontic treatment to work well and in the shortest possible time, it is important that you take care of the teeth and brace. In order to avoid damage to both, you should try and avoid the following:

- Toffees, boiled sweets, chewing gum and chocolate bars.
- Fizzy drinks including diet drinks and large amounts of fruit juice.
- Hard foods which might damage the brace such as crunchy apples, crusty bread rolls etc.

Hard foods can be eaten with **care** if you cut them up first.

## What about brushing my teeth?

It is important that you brush your teeth well three times a day using fluoride toothpaste. If possible, carry a brush with you to use after meals. Take the brace out to clean your teeth. You should also gently brush the brace, taking care not to damage the wires.

Use a daily fluoride mouth rinse last thing at night, after tooth brushing. If you do not keep your teeth and brace clean, this may lead to permanent marks on your teeth. Poor tooth brushing could also result in early decay and may mean treatment has to be stopped early.

## **Can I remove the brace?**

Yes, but you should only remove it for cleaning. Try not to click the brace in and out with your tongue as this will break the wires and increase the length of time treatment will take.

## **How long will treatment take?**

It usually takes six to nine months of wearing a removable appliance to move your teeth. You will also need further orthodontic treatment with a fixed brace. We will advise you on the length of time that you will need to wear this.

Cooperation is an important factor in completing your treatment on time. For example, it will take longer if you cancel or do not attend appointments, or if the brace keeps breaking.

It is not usually harmful to your health to have teeth which are not straight and if you want, you can leave your teeth as they are.

## **How often will I need an appointment?**

You will need regular appointments during the treatment for the brace to be adjusted. Your orthodontist will discuss this with you.

## **Do I still need to see my regular dentist?**

Yes. It will be important that you still have check-ups with your regular dentist throughout orthodontic treatment so that your teeth can be checked for decay.

## **What should I do if I play contact sports?**

You should wear a mouldable gum shield instead of your removable brace when you play contact sports. These can be bought from sports shops or your own dentist may stock them. This will also be the case if you ride a bicycle, or do roller skating or skateboarding.

Put your brace into a sturdy plastic box to prevent breakage when you are not wearing it. This will be discussed at your appointment with the orthodontist.

## What if I play a musical instrument?

If you play a wind instrument, particularly the flute or a brass instrument, you may be advised to remove your brace whilst playing. When the brace is not in your mouth, it should be kept in a sturdy plastic box to prevent breakage.

## What do I do if my brace breaks?

Ring up for an appointment as soon as is possible on the following number:

01384 244719 (9am to 4pm)

Do not wait for your next routine appointment as the breakage may slow your treatment or may result in damage to your teeth. If you repeatedly break your brace, treatment may be stopped. The orthodontic nurses who work in the department can give you advice or alternatively, you can speak to your own dentist.

## Can I find out more?

The following website has more information on orthodontic removable appliances:

[British Orthodontic Society](#)

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Orthodontic department on 01384 244719 (9am to 4pm, please leave a message and we will ring you back as soon as we can)

Russells Hall Hospital switchboard number: 01384 456111

**This leaflet can be downloaded or printed from:**

<http://dudleygroup.nhs.uk/services-and-wards/orthodontics/>

If you have any feedback on this patient information leaflet, please email [patient.information@nhs.net](mailto:patient.information@nhs.net)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔