

## INSTRUCTIONS TO PATIENTS WEARING A REMOVABLE APPLIANCE

1. Success in your treatment depends entirely on your co-operation. Please read and follow these instructions very closely.
2. The appliance which you are wearing can be removed from your mouth. You should wear it at all times including while sleeping and eating. Your teeth will move slowly but surely, but only if the appliance is worn faithfully.
3. Your teeth may be a little tender during the first two days. This will soon pass off and you will quickly get used to the appliance. If discomfort persists or arises at any time during your treatment, contact the practice as soon as possible.
4. For the first few days, you may lisp or have other speech problems. Speech returns quickly to normal, especially if you go home and read aloud to yourself, with the appliance in place.
5. It is essential that you keep your teeth and appliance, at all times, PERFECTLY CLEAN. You should remove the appliance after every meal, brush your teeth with a fluoride toothpaste, carefully clean the appliance and replace.
6. Avoid all sticky foods, especially toffee, and very hard foods, which may damage the appliance.
7. Appliances are difficult and expensive both to make and to repair. Please, therefore, be very careful with your appliance as breakages interrupt and prolong your treatment. However, if the appliance should break, preserve the pieces and contact the practice as soon as possible.
8. Simple repairs will be done the same day free of charge. Should the appliance be irreparably damaged, or lost, THE PATIENT IS LIABLE FOR THE FULL COST OF ITS REPLACEMENT.
9. Should you unavoidably miss an appointment, contact the practice. Appliances must not be kept for long periods without adjustment.
10. An appliance in itself does NOT cause decay or gum problems. However, if food lodges on the metal parts and is allowed to remain, cavities will eventually begin. To avoid this, regular cleaning, especially after meals is essential.
11. If your appliance has a SCREW, this should be turned 90° (a quarter turn) in the direction of the arrow, twice a week. It is best to fix certain days for this, e.g. Mondays and Thursdays.

REMEMBER: IF YOU HAVE ANY PROBLEMS, LET US KNOW STRAIGHT AWAY.