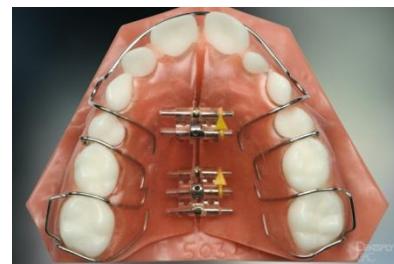




INLINE®  
ORTHODONTICS



## REMOVABLE BRACE INSTRUCTIONS

- **YOUR NEW BRACE:** Your new removable brace will take a few days to get used to as it helps to gently push your teeth into the position you want them to be in! We advise you to try a softer diet over the next few days and avoid chewy or hard foods that can damage the brace such as toffees, chewing gum or boiled sweets. It will be tempting -- but try to avoid repeatedly clicking the brace in and out of place with your tongue, as this can damage the wires. Breakages to braces can slow down treatment and may involve you having to come in for more visits to repair the brace. If your brace needs to be replaced due to loss or damage beyond repair, a charge may have to be made for the replacement which is now over £60 on the NHS, so please keep it safe!
- **HELP!** If the brace breaks, is very loose, if there is an obvious area of soreness or any other problem, please telephone for an appointment at the earliest opportunity **but continue wearing the brace if at all possible—do not wait until your next scheduled appointment.** If you leave your brace out, your teeth will start to drift and within a day or two the brace will no longer fit --and then treatment will have to be restarted from the beginning. Our telephone number is 01438 765 390. Please call at anytime if you have a problem.
- **KEEP IT CLEAN:** To clean the brace, use a soft to medium toothbrush with running water to remove food debris and then use a brace cleaning product. Please do not use hot water! Immediately before appointments please make sure that your teeth and the brace are clean. You can purchase care products such as *Retainer Brite* and special orthodontic toothbrushes from our reception desk.
- **KEEP IT IN:** Your brace must be worn **24 HOURS A DAY** including while eating and sleeping. It should only be removed for tooth brushing, daily brace cleaning, screw activation (where applicable, see below) and sports including swimming, when it should be stored in your retainer box. You can purchase a range of coloured boxes at our reception desk.

For contact sports, cycling, roller-skating or skateboarding we also recommend wearing a gum shield, which can be bought from any sports shop. You can find detailed advice about 'playing it safe' with a brace on our website at [www.inlineortho.co.uk/sports](http://www.inlineortho.co.uk/sports).

- **KEEP PLAYING:** If you play a wind instrument, please try to keep the brace in during practice sessions but if this proves impossible, the brace may be removed. You can find

detailed advice about playing a wind instrument with a brace on our website at [www.inlineortho.co.uk/music](http://www.inlineortho.co.uk/music).

- **TURNING SCREWS:** If you have been instructed to activate a screw on the brace, please do so with an adult present and record each occasion on a calendar to keep track of your progress. Turning the screw does **not** “tighten” the brace and it may even make it feel looser, until the teeth have moved into their correct positions when it may again feel firmer. **If you lose the key, please call us and we will send you a replacement by post.** The screw should be turned in the direction of the arrow twice a week (one turn on Tuesday and one turn on Friday). If you are unsure about any aspect of screw turning, please ask us to review it with you!
- **OUCH?** Your teeth may be sore for a few days following a brace adjustment. Over-the-counter painkillers, such as the ones you would normally take for a headache, may help you feel better.
- **PLEASE SAY THAT AGAIN?** Your speech may be different at first as you now have a brace in your mouth! Practice speaking with the brace in place. Some patients read out aloud at home on their own and the more you practice speaking with the brace the faster it will help your speech return to normal within a couple of days. You may also find yourself swallowing a lot to begin with. This is quite normal and will quickly pass.
- **EATING:** Although it may be difficult at first, eating with the brace in place will become easier with time. Fizzy drinks, including diet drinks, and excessive amounts of fruit juice should be avoided as the high sugar content can make your teeth more vulnerable to decay especially while wearing a brace.
- **HOW LONG?** If you have been told that your treatment will require you to wear an upper removable brace to begin with followed by fixed braces, you should expect to be wearing the removable brace for at least 4-6 months before progressing to the fixed braces.

## ***AND PLEASE REMEMBER...***

- See your dentist for regular check-ups and please tell us if you change dentist!
- Keep us informed of changes to your medical history or of any change of address!
- Retain all practice leaflets given to you and ask us if you are unsure of anything at all!
- These instructions and useful information can be viewed by visiting [www.inlineortho.co.uk](http://www.inlineortho.co.uk).
- A Statement of Manufacture of individual, custom-made laboratory appliances is available upon request. For more information, visit [www.inlineortho.co.uk/stofman](http://www.inlineortho.co.uk/stofman).

