

## **ORTHODONTIC APPLIANCES**

### **Types of Braces**

Orthodontic appliances can be removable.

A Functional appliance (usually removable) is used during the growth spurt to correct teeth sticking out. It is used before the fixed brace is fitted.

Removable Braces can affect your speech at first.

You may feel self conscious wearing braces. Remember it is to help you and we are here to support you.

A removable brace can be lost. When it is not in your mouth it should be in a box to keep it safe.

Braces or “Train tracks” straighten your teeth and correct your bite.

Average treatment time is 18 months with appointments every 6-8 weeks.

There are risks to braces such as: decalcification, gingival recession and root resorption.

Good oral hygiene prevents damage to your teeth. Poor oral hygiene results in removal of your brace and discontinued treatment.

Changes are needed to the way you eat and to what you eat to prevent breakages. Breakages prolong your treatment and prevent progress and increase your risks.

Constant breakages and poor hygiene will result in early removal of your brace.

We want you to have perfect teeth please let us help you but please help yourself.

## **RETENTION**

Retention starts when your appliance has been removed. Retainers help hold your teeth in their new position, allowing the surrounding tissues to re-organise themselves.

The retainers may feel a little bit tight when they are first fitted. This shows you that your teeth have slightly moved since the brace has been removed.

If you do not wear your retainers, your teeth will move back to where they were before treatment commenced.

Use mouthwash and a toothbrush to clean your retainers, you can also buy Retainer Brite to aid cleaning. **DO NOT** use toothpaste or denture cleaning products as they are too abrasive.

We will monitor your retention phase for the first year after the brace is removed. It is important you wear your retainers every night for the first year. We know that teeth move throughout life as part of age related changes. It is advisable to wear your retainers for life, 2-3 times a week.

NHS treatment includes one set of retainers. A second set of retainers would incur an NHS charge.

### **Items to Purchase**

At reception, you can purchase dental wax to help prevent ulcers forming; TP brushes which aid in cleaning your brace, along with mouthwash and orthodontic toothbrushes.

You can buy Retainer brite which helps to clean your retainers.

There will be a charge to replace removable appliances or retainers. You may be able to claim the replacement fee back, but certain conditions apply.

We accept Visa, Mastercard and cash.