

Wearing a removable brace during treatment to improve your bite

Orthodontics & Restorative Dentistry

Information for Patients

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Wearing your brace

Your removable brace will only work well if you follow the instructions. At the beginning of the treatment you will be told when to wear it and for how long. At first you may find the brace a bit bulky and difficult to talk with when its in your mouth. Please be patient you will soon get used to it. Please do not keep taking the brace in and out or lifting it up and down with your tongue. This can cause the wire clips to break.

Cleaning your brace

Your brace should be taken out and cleaned in the morning, in the evening before going to bed and after every meal. Clean your brace and your teeth thoroughly with your toothbrush and a fluoride toothpaste. To remove more stubborn marks or stains you can use a cleaner such as Retainer Brite.

Taking care of your brace

You only need to take your brace out for cleaning, eating, sports and swimming. Whenever you take your brace out of your mouth you **must always** put it into a small strong box (available to buy with cash from the department) so that it does not get damaged. Do not forget to put your brace back into your mouth and keep the box clean.

Please do not try and eat hard or sticky sweets while wearing your brace, they will tend to break the brace and cause cavities in your teeth.

If your brace does get damaged, broken or is hurting please contact the department as soon as possible for help and advice before continuing to wear it.

Please use a **fluoride mouth rinse** 2 times a day during your treatment. This will help protect the enamel on your teeth.

Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk



Appointments

Please make sure that you have a further orthodontic appointment. If you are not able to come to an appointment, please let the Department know as soon as possible.

Missed appointments will make the orthodontic treatment take longer and may cause the treatment to be ended before it is completed.

Removeable braces need regular supervision in order to be successful. Your orthodontist cannot be held responsible for any damage to your teeth, gums and bone if checks on your braces do not take place.

Please remember you must continue your regular check-ups with your dentist throughout your orthodontic treatment.

Contact details

Department of Orthodontics and Restorative Dentistry

Glenfield Hospital, Groby Road, LE3 9QP

0116 250 2648

Monday to Friday 8am to 5pm

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk