

Autograph

DENTAL CAMBRIDGE

REMOVABLE APPLIANCES



PATIENT INFORMATION LEAFLET

REMOVABLE APPLIANCES

What are removable appliances?

A removable appliance is a plastic and metal brace that simply clicks onto your teeth and can be taken out. These can be used as the sole means of treating tooth displacements, or more commonly in combination with fixed braces to treat more complex problems.



Upper removable appliance



Worn on upper teeth only

Functional removable appliance



Worn on upper and lower teeth

Also known as a Twin Block Appliance

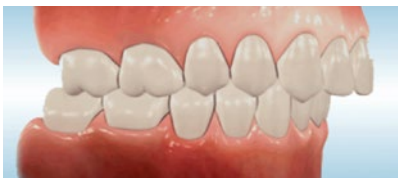
How do the braces work?

They may be used to correct an early problem when you have a mixture of adult and baby teeth present for very simple tooth movements or to correct an overbite or overjet.



OVERBITE

The amount your top front teeth cover your lower front teeth when you bite together.



OVERJET

The amount that your top front teeth stick out horizontally over your lower front teeth.

What should I expect when they are first fitted?

Initially the appliance will feel a little bit bulky in your mouth. This is to be expected and you will soon become used to it. You may feel as though you are producing more saliva than usual; this is very normal and within a day of having the brace fitted this should stop

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How do I take the brace out?

Always pull on the clips around your back teeth, and not the bars at the front. Do not flick the appliance in and out with your tongue as this will weaken the acrylic and lead to a breakage. Take the appliance in and out with your fingers.



Will my speech be affected?

It is likely that your speech will be different at first, and some words may seem difficult to pronounce (particularly 's' sounds). To overcome this, we recommend speaking out loud as much as possible to allow your tongue to adapt to your new appliance, and your speech will return to normal as you get used to the brace.

Will it hurt?

Your teeth and muscles around your mouth and jaws may feel tender following your brace being fitted. This means that your teeth have started to move already. We recommend you have a softer diet and take painkillers if necessary (such as ones you would normally take for a headache). ***Please read the instructions on the packet to decide if you can take them and the dose that you require.***

If there is an obvious area of soreness as a result of the brace, please ring for an appointment to have this looked at – do not stop wearing the brace if possible.

How long will it take me to get used to my brace?

You may find the first week wearing your removable appliance difficult, however the more you wear your brace, the quicker you will get used to it and soon it will become very easy to wear. It should take no more than a couple of weeks to fully adjust to your brace. We always encourage patients to talk as much as possible with the brace in to speed up this process.

How long does treatment take?

Treatment with the removable brace largely depends on what it is being used for and how well patients wear their brace.

Patients that wear their brace all the time, as requested, progress with their treatment very quickly.

Once you are accepted for Orthodontic care you will be expected to attend every 8-12 weeks for adjustments to your brace: these will be during school hours. When you attend you will be seen by an orthodontist or orthodontic therapist, who is trained to the highest level to administer your care. All treatments take place under the prescription/supervision of your Orthodontic Specialist.

Do I need to continue to see my general dentist?

Yes. Please continue to visit your general dentist regularly throughout any treatment you receive under our care.

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When will I wear it?

Your removable appliance must be worn at all times, even when you are asleep (unless told otherwise by your orthodontist). The more you wear your brace, the quicker your treatment will be. The brace can be taken out for brushing the teeth, eating and sport, but it must be worn as soon as possible after.

How often will I need an appointment to check my brace?

You will have an appointment with your orthodontist every 8-12 weeks to have your brace adjusted and check your progress.

How do I clean them?

Clean your braces with a toothbrush and toothpaste, then rinse with cold water. Brush your teeth and brace after every meal (rinse the brace to remove food if you cannot brush your teeth), taking care not to bend the wires.

We advise using Retainer Brite or denture cleaning tablets once or twice a week to keep your appliance fresh. Retainer Brite helps keep appliances fresh and clean, removes plaque and tartar, and kills bacteria. For sale at our practice: £6.75 for 36 tablets - purchase over the phone and receive by post (excluding p&p).



DO NOT: use hot water to rinse or place the brace near anything hot as this will cause them to shrink or distort.



How do I store them?

- Store away from heat sources.
- If they are not in your mouth, keep them in the container. These appliances are easily lost and costly to replace.

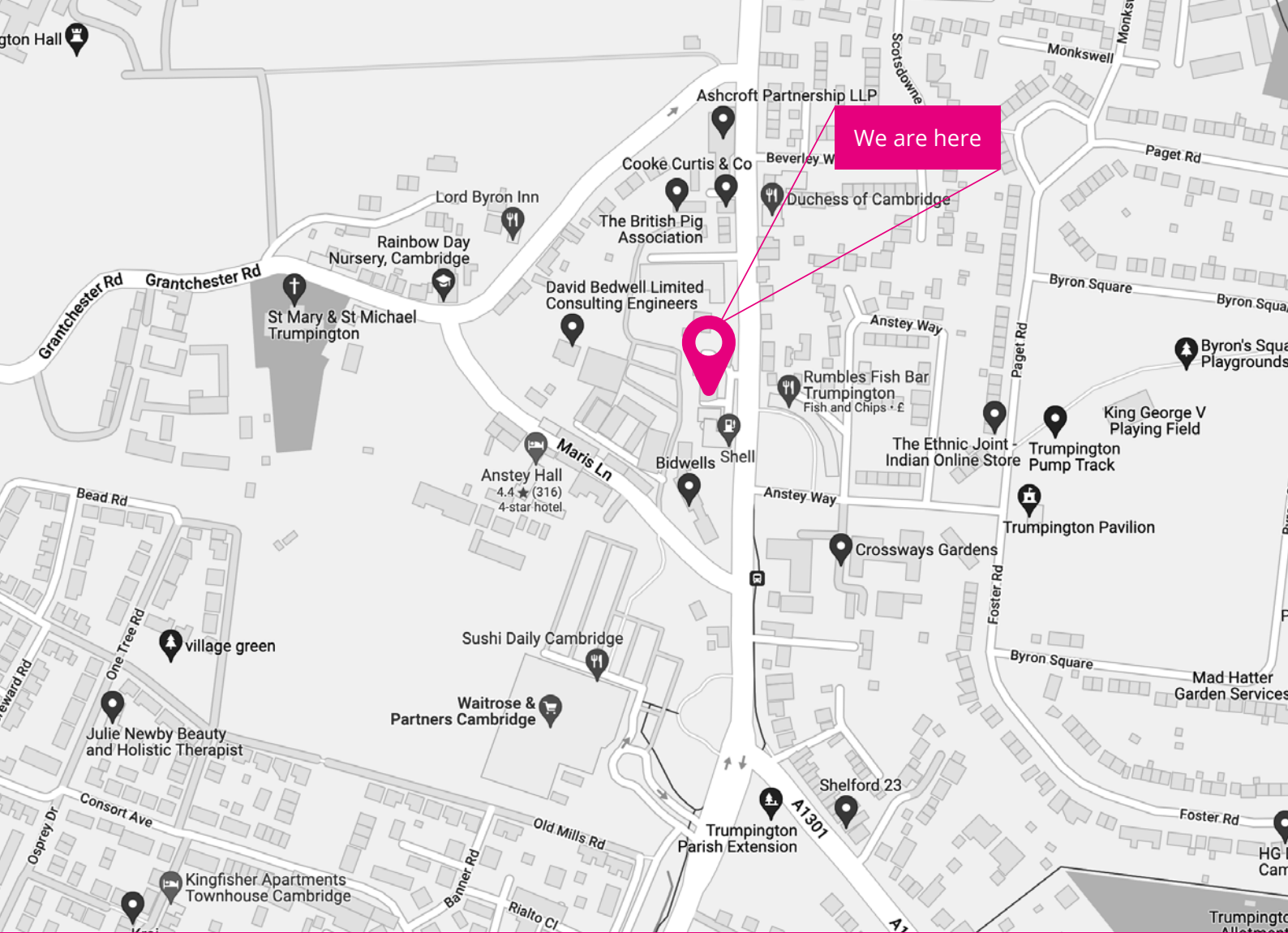
What should I do if I break or lose my brace?

If you break your brace, continue to wear it if possible and contact us for an urgent appointment.

Please be aware:

Your first set of appliances are free, however there may be a charge to replace them. NHS guideline prices for replacements are currently £80.79 each - £161.58 for a full set (prices change September 1st)

If your brace needs to be repaired or replaced, further impressions or a scan will be taken, and the brace sent to a dental laboratory. This can take up to a week depending on how much damage has been done. Your teeth may move in this time and treatment could take longer if this happens.



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Autograph Dental Cambridge, First Floor 56 High Street, Trumpington, Cambridge CB2 9LS

www.autographdentalcambridge.co.uk