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Removable appliances

What is a removable appliance?

A removable appliance is made with a plastic plate with wires coming from the sides. These grip the teeth to keep the brace in place. Removable appliances can be used for many simple tooth movements. They are not precision appliances and therefore cannot be used for complicated or fine tooth movements.

How do removable appliances work?

For a removable appliance to be effective, it must be worn all the time except when playing sports and for cleaning. In the initial period after a removable appliance is fitted it might feel strange because the plastic plates tend to occupy a bit of space in your mouth, but you will soon get used to it. The mouth also tends to produce more saliva than usual because the brain interprets the presence of the appliance as food; this tends to go after one or two days. You will have regular appointments for adjustments and monitoring of this appliance but if you experience any irritation of the cheek, gum or tongue, your orthodontist can adjust the appliance to make it more comfortable.





How often do you need to wear your brace?

For the removable appliance to work effectively it should be worn full time at least 22 hours a day unless instructed differently by your orthodontist

Will the appliance be painful?

Having the appliance fitted is not painful but there may be slight aching of the tooth/teeth that the appliance is moving. This will last approximately 3-5 days and if necessary painkillers (paracetamol) can be taken. Please ensure you follow the instructions on the medication packet.

How long will treatment take?

If this appliance is worn full time as instructed, treatment time is usually 6-12 months.