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## Removable Appliance

You have been fitted with a removable orthodontic appliance. You should observe these following simple rules to ensure your treatment progresses as quickly and effectively as possible:

- **Wear your appliance 24 hours a day including mealtimes** (unless you have *specifically been told otherwise* by your orthodontist). It must only be removed for cleaning, contact sports and swimming.

- **Keep your brace and teeth absolutely clean**. Brush at least 3 times a day with a fluoride toothpaste. Daily fluoride mouthwashes are advised and these are available at our reception or at most chemists.

  Plaque around the brace and the teeth will cause your teeth to go bad, become discoloured and fillings may become necessary. These are most commonly seen as white marks and are essentially permanent scars on your teeth.
  **Brush your brace with liquid soap and cool water**. Soak in *Retainer Brite* once each week in COOL WATER (NOT HOT) (this is sold at reception). If your appliance has a wire please be careful not to bend this as you clean it. You may use toothpaste to clean your brace.

- **Look after your appliance.** Avoid toffees, chewing gum, boiled sweets, nuts and tough or sticky things: they will break the brace and put your teeth at risk of marks and cavities.

  **If you lose your brace (or break it beyond repair) there is a charge of £99.60 for NHS and £380.00 for Private patients for a new one.**The brace takes several weeks to make. Repairs and replacements will increase the time you have your brace on. Depending on the circumstances, a variable rebate may be given by the authorities.

- **Keep your appointments.** The appliance needs to be adjusted regularly (every 6-12 weeks) and failed appointments increase the time you need to keep the brace on.

- **If there is anything painful, loose or sticking out please stop wearing the brace and contact the surgery immediately.**