



INSTRUCTIONS FOR REMOVEABLE APPLIANCES

Brace is to be worn **AT ALL TIMES** - night and day!

Exceptions: Cleaning teeth, playing sport (when not being worn place in a container, **NEVER** in tissue or in a pocket as it is likely to be damaged/lost), Keep it away from pets (especially dogs!)

General discomfort is to be expected - if necessary, take whichever painkillers you normally would take. **You must keep the brace in for it to work** and the discomfort will ease with time.

Preventing problems with decay:

- Keep the brace **very clean** – with a small soft toothbrush and toothpaste after meals.
- Soak the brace once per day in Retainer Brite in COLD WATER.
- Remove the brace after eating and rinse mouth with a sodium fluoride based mouthwash and rinse the appliance with COLD water.

Low Sugar Diet - see overleaf

Keep attending your regular appointments!

Lost/Broken appliance:

You will need to contact us **immediately** if you lose or break your appliance. The NHS will only provide funding for your appliance once; therefore, if you lose or break it you will need to fund for a new appliance yourself. Currently the cost of this is, link below: (changes every April)

<https://www.nhs.uk/help-nhs-dental-costs/replacement-dental-appliances>

Contact us as soon as possible on 02380 220008 if the brace is lost, broken or uncomfortable. If it is out of normal clinic hours, please leave a clear message on our answer phone and someone will get back to you.

We have dedicated emergency appointment times Monday – Friday from 2:00pm-2:30pm, so we will be able to see you quickly if you have a problem. Please call to book an emergency.

If you feel that you need to be seen urgently outside of our normal opening hours then you can contact the NHS Dental Helpline on 111 for advice.

I can confirm that I have read and understand the instructions given to.....

Signed.....

Date.....

Low sugar diet to prevent marked teeth and decay

Avoid food or drinks sweetened with sugar or glucose syrup - read labels on packaging.

Avoid sugar in tea and coffee and on breakfast cereals.

Even sugar free drinks are acidic to teeth, whether sugar free squash, diet coke, even fizzy water- limit these to meal times and treats and try to use a straw.

Avoid all kinds of cakes, sweets, chocolate. Certainly do not have these every day, try to have a treat once a week and after a meal.

Do not snack on sweet things between meals.
Rinse or drink some water after anything sugary.

Try to limit use of Jams, chocolate spreads and condiments.

Save a sweet treat for once a week, preferably at the end of a meal. Clean teeth thoroughly around an hour afterwards.

If you have a cold sore on the day of your appointment you will need to rearrange, as these are highly infectious!

KEEP UP THE GOOD WORK AND WE LOOK FORWARD TO SEEING YOU AT YOUR NEXT APPOINTMENT!!