



## REMOVABLE APPLIANCE INSTRUCTIONS

### Keep this reminder for future reference

When removable appliances have been inserted, either during or after orthodontic treatment, it is most important that you follow these rules:

1. Be gentle in placing and removing the appliance!
2. The appliance is to be worn 24 hours a day except when you brush your teeth, go swimming or indulge in a very rough sport (boxing, football, etc.). It is not necessary to eat with the appliance in place, although some patients are able to do this easily.
3. When the appliance is not being worn, always keep it in the container which you have been given! This protects it from accidental bending and breakage.
4. Remember, it takes a while to get accustomed to wearing a removable appliance. Speaking easily will come with a little practice. Read aloud to yourself for 10 minutes every night. After only a few days, you'll find it much easier to pronounce all words clearly.
5. It is essential that you keep the appliance clean! Always rinse the appliance with cold water before inserting it. At night, when you brush your teeth use your toothbrush on the appliance to brush off any accumulations which may have gathered during the day. For added pleasant taste, you may dip the appliance in a solution of your favorite mouthwash. *To help prevent breakage*, it's a good idea to place a small washcloth in the sink before you clean your appliance so that if it accidentally slips out of your fingers, it will fall onto the soft cloth.
6. If you accidentally bend a wire, call the office for a special appointment. Do not wait for your regular appointment.
7. If you break the appliance or lose it, call the office immediately for a special appointment! There is a minimum replacement charge for constructing a new appliance, so please be careful.

***Following active orthodontic treatment, removable appliances are frequently placed for variable periods of time to help maintain the stability of the correction achieved. Therefore, it is essential for the progress of your case, that you carefully and faithfully follow all instructions.***