

# **PATIENT INSTRUCTIONS FOR REMOVABLE APPLIANCES**

Proper care and wearing of your Removable Appliance will help your treatment go quicker and be more effective so you achieve better results.

## **WEARING INSTRUCTIONS:**

- The teeth will have some sensitivity at the beginning of tooth movement
- You will experience an increase in saliva for a few days until you become used to the appliance
- Read aloud for one hour per day to help you get used to speaking with the appliance in place. After a couple of days you will get used to the appliance and no one will be able to notice you are wearing it when you speak.
- If the appliance becomes breaks or becomes uncomfortable, contact your Doctor right away
- Sometimes small pieces of the acrylic may break off the appliance. If this happens, smooth the spot with an emery board
- Keep your Appliance in a Retainer Box when you are not wearing it to prevent loss or damage. Do not place it in your pocket – this can cause the wires to bend and the appliance to break

## **PROPER CARE OF YOUR APPLIANCE:**

- Always keep your appliance clean. You can brush it on both sides with tooth paste to keep it clean and fresh
- Brush and floss your teeth on your regular schedule
- Always insert and remove the appliance as instructed by your Doctor. This will reduce distortion to the appliance
- Never put your appliance in hot water or expose it to heat. This may warp the acrylic. Do not put your appliance in the dishwasher
- Wear your appliance as directed by your Doctor. You may remove it for playing sports, brushing your teeth or playing a musical instrument
- Pets, especially dogs, like to chew on dental appliances. Be sure to keep your appliance away from all pets
- Contact your Doctor immediately if you lose or damage your appliance