



ABSOLUTE
ORTHODONTIC SERVICES

REMOVABLE APPLIANCE

As you are aware, has an orthodontic problem which would benefit by some early management. It is important you wear your removable appliance as we have directed.

Please wear your removable appliance **ALL** the time except when you are;

- Brushing your teeth
- Eating food, including gum
- Drinking hot drinks
- Swimming or playing contact sports

It is crucial when your removable appliance is removed from your mouth it is placed in your retainer case. This avoids losing, sitting on, or your dog chewing them.

Generally you must wear your removable appliance for about six months to one year when your teeth and bite will be assessed again. Dr Whittle will carefully monitor your teeth during this phase and advise you when you can reduce the time needed to wear your removable appliance or you are ready to start the next phase of orthodontic treatment.

When cleaning your removable appliance it is important to take care of it as it is quite fragile. Clean your removable appliance using a toothbrush, (NO toothpaste), and lightly scrub it until clean. Yellow stains can accumulate on the inside surface of your removable appliance. Clean this off by soaking in full strength **WHITE VINEGAR** for half an hour to soften the stains and then scrub with a toothbrush and water.

DO NOT PUT VINEGAR ON YOUR TEETH, IT WILL DISSOLVE THEM

It is a good idea to soak your removable appliance in vinegar once a week to keep them fresh.

If you break or lose your removable appliance, please contact us immediately.

RETAINERS

After your braces have been removed, you must wear retainers or "plates" to prevent your teeth moving, or relapsing back, toward their original position. You have been provided with upper and lower removable retainers.

Your retainers must be worn for a minimum of 12 hours a day for at least 2 years. Dr Whittle will carefully monitor your teeth during this period and advise you when you might reduce the time needed to wear the your retainer.

Not wearing your retainers specifically as prescribed will prolong your retention phase, or, could result in a need for later re-treatment.

To avoid losing or damaging your retainers when you have taken them out to eat, or when playing contact sport, please place them in the retainer case provided. Protect your retainers from dogs as they particularly love the smell of retainers and will actively hunt for them and chew them.

Your retainers need regular cleaning but handle them carefully as they are fragile. Clean your retainers with water and a toothbrush, (NO toothpaste), lightly scrubbing them until clean. Yellow stains-or tarter (calculus) can accumulate on the inside surface of your retainers. Clean this off by soaking in full strength **WHITE VINEGAR** for half an hour to soften the calculus and then scrub with a toothbrush and water.

DO NOT GET VINEGAR ON YOUR TEETH, IT WILL DISSOLVE YOUR TOOTH ENAMEL

It is a good idea to soak you retainers in vinegar once a week to keep them fresh.

If your retainers are cracked or lost please contact your Orthodontist immediately. This will prevent unwanted tooth movement and a possible need for re-treatment.

