

University Dental Hospital of Manchester
Orthodontic Department

Information for Patients

Instructions For Removable Appliances

This is an information leaflet to help you manage with your new removable orthodontic appliance.

- To ensure your brace works it is important to follow the instructions given. The amount your teeth move depends on the amount of hours your brace is worn - you will usually need to wear it all the time.
- It is likely to feel strange for the first few days. Your teeth may also feel tender- THIS IS NORMAL and will wear off with time.
- You should be able to eat and speak normally although this may take a couple of days to get used to after the brace has been fitted.
- You will need regular orthodontic appointments during the treatment but it is also important to keep your routine check-ups with your general dentist.
- The brace should be worn during eating, sleeping, sport and going out. The only time you should take it out is to clean your teeth/ brace. This should be after every meal and last thing at night.
- **Your brace will only work when it is worn as instructed.**
- Report any lost or broken appliances as soon as you can. There will be a charge for lost appliances (currently £67.20 per appliance) so look after your brace.
- Clean your appliance with water and a small toothbrush.



Remember it takes months to move teeth but if you leave the brace out, the teeth can slip back in days; keep the brace in.

Removable/ Functional Appliance Care Pathway

Patient Name	Instruction Given	Comments
<ul style="list-style-type: none"> The brace will feel strange during first few days. This will wear off quickly. 		
<ul style="list-style-type: none"> Wear as instructed for eating and sleeping (this will usually be FULL TIME and include eating, sleeping, sport and going out). 		
<ul style="list-style-type: none"> Remove for contact sports/ keep safe. 		
<ul style="list-style-type: none"> Your teeth will ache/ use pain relief if required. 		
<ul style="list-style-type: none"> You will produce more saliva. 		
<ul style="list-style-type: none"> Your speech will be affected. 		
<ul style="list-style-type: none"> Cleaning appliances. 		
<ul style="list-style-type: none"> Make sure your teeth are also clean. 		
<p>General instructions</p> <ul style="list-style-type: none"> Keep regular appointments with your own dentist. Notify us of any change in address/ contact details (for example call barring). Please contact us if you are unable to make appointments. Please be on time for appointments. Appointments are generally during school hours. How long your treatment will take. For any breakages contact the department. Charges may be made for lost appliances (currently (67.20 per appliance). 		

Nurse signature

Patient/ Parent/ Guardian signature

If you require any further information or advice you can contact the department on 0161 275 6700 to speak to an orthodontic nurse who will be able to help you with your enquiry.

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Monday to Friday 9.00 am to 5.00 pm