

# Removable Braces

## Information for patients

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**Removable braces** (“plates”) can be taken in and out of the mouth. They are used to maintain space while waiting for other teeth to erupt, to open a deep bite, widen the upper arch, or to move one or two teeth at a time. They are often followed by fixed braces (“train tracks”).

At first, they will feel big and you may have difficulty in speaking, but this will pass within a day or two. Keep them in as much as possible and practice reading out loud and your speech will improve.



**Upper removable brace with front wire**

### Will it be uncomfortable?

For the first few days the teeth may feel a little uncomfortable and slightly loose. This is normal and is nothing to worry about. It will disappear within a few days. It is important that you wear the brace 24 hours a day for it to work. If you wear the plate for only a few hours a day it will not work.

### Should I wear my brace when eating?

Normally you should wear the brace when eating (unless your orthodontist has told you to do otherwise).

Avoid very tough, hard or sticky foods (e.g. tough meat, sticky toffees, hard pizza crusts, etc). Afterwards you should take it out and clean it with a toothbrush and some soapy water (avoid toothpaste as this will tend to scratch the plastic parts) before replacing it.

### Can I remove the brace for sports?

Yes, it is best to take the brace out for sports (including swimming). When it is not being worn it should be kept in a protective box.

## How long will I be wearing the brace?

This may take anything between 6-12 months approximately. You may be asked to wear elastic bands with the plate, or turn a screw with a key to move certain teeth and it is important you do this on a regular basis or treatment will be prolonged.

## How often will I need to attend the orthodontist?

Normally, we will need to see you every 6-8 weeks approximately, however this may be longer if required. This is to check that the teeth are moving and that the brace is fitting correctly. Please ensure you are wearing your brace when you attend at each visit so it can be adjusted or tightened if needed.



Upper brace to pull back the upper front teeth

## What do I do if my brace breaks or I lose it?

If it breaks which stops you from wearing the brace then you need to contact us for an additional appointment. If it breaks but you are still able to wear the brace then please keep wearing it until your normal appointment.

## What about toothbrushing?

Continue your normal toothbrushing and clean the teeth at the same time. Avoid sugary snacks and drinks.

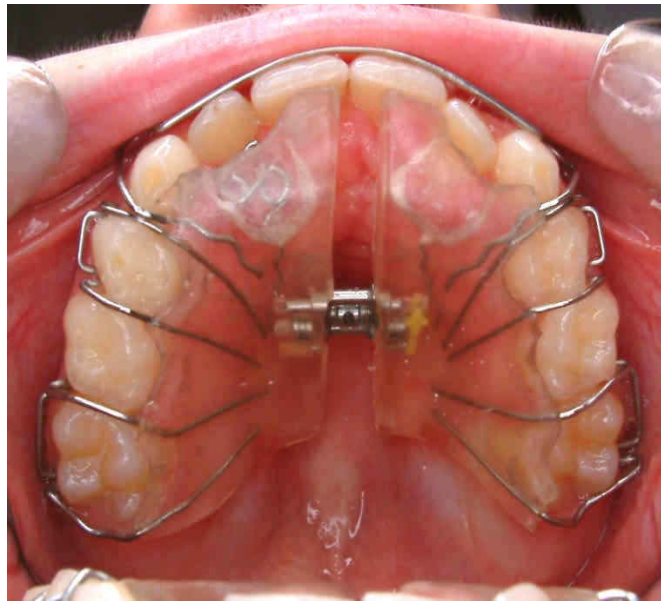
## Do I need to see my own dentist?

Yes, you should continue to see your own dentist on a regular basis to make sure that no tooth decay or gum disease is happening.

## Missed Appointments

If you are unable to attend your appointment, please contact us.

Multiple missed appointments may result in discharge from our care, and you may experience harm from your braces. A missed appointment costs NHS Lothian approximately £200.



**Brace with midline screw to widen upper arch**

#### A few dos and don'ts:

**Do remember to clean your braces after meals.**

Clean it well with a toothbrush and some soapy water (avoid toothpaste as this tends to scratch the surface).

**Do continue to wear the brace** even if it is giving problems – if it can still fit your mouth when you attend, we may be able to adjust it at the chairside and avoid having to send the brace to the laboratory where repairs may take a few days.

**Do remember to see your own general (family) dentist on a regular basis** during your orthodontic treatment. We may see cavities in your teeth but we cannot fill them – your dentist will do this.

**Do remember to bring your brace** in with you each time you attend.

**Do take your brace out for sports** and **keep it safe** in the little protective box that we will give you.

**Don't use very hot or boiling water** to clean your brace – it may distort the plastic and may not fit your teeth afterwards.

**Don't wrap it in tissue paper** - it may be mistaken for rubbish and get thrown away!

**Don't leave your brace where household pets can damage them.**

**Don't keep the brace in your pocket or loose in rucksacks, bags** etc – it will be damaged and may not fit your teeth afterwards.

