



# Caring for your removable orthodontic appliance

**This leaflet explains how to look after your removable orthodontic appliance.**

## Key points

- You have been given this appliance as part of treatment to help straighten your teeth.
- Your appliance is made of a hard acrylic (methyl Methacrylate).
- Make sure you fit your appliance correctly, ensuring it clicks down over your teeth.
- Wear the appliance(s) at all times, including mealtimes and while sleeping, unless otherwise instructed. Take them out for cleaning and contact sport and keep them in a safe box.
- You will need to clean your teeth and the appliance at least twice a day. Rinse the appliance under the tap after every meal and clean it with your toothbrush and toothpaste when you brush your teeth. It is advisable to run some water into the sink when cleaning to reduce the risk of breakage if the appliance is dropped. A dirty appliance can damage your teeth.
- Sticky and very chewy foods can damage the appliance. Be sensible. Toffee and chewing gum are banned! Fizzy drinks will damage your teeth.
- If the appliance is damaged, please contact us to arrange to repair it as soon as you can.
- If you are in any doubt about how to care for or wear your appliance, contact the department.
- You should continue to attend your dentist for regular check-ups.
- Your appliance needs to be checked regularly, so please attend all of your appointments.
- If you miss an appointment, please contact the department as soon as possible.
- If you do not wear the appliance as instructed, it could result in failure of the orthodontic treatment. The success of your treatment depends on you!

## Contact us

Oral & Maxillofacial Department, Tel: 0118 322 8978 / 7139 or email: [rbb-tr.cat1@nhs.net](mailto:rbb-tr.cat1@nhs.net)

<b>Clinician:</b>	_____
<b>Patient name:</b>	_____
<b>Hospital number:</b>	_____
<b>Materials used:</b>	_____
	_____

This appliance is custom made and is intended to be used by the above named patient. The patient is being treated at the Department of Oral & Maxillofacial Surgery & Orthodontics, Level 2, South Block, Royal Berkshire Hospital, RG1 5AN, by the above named clinician. This is a class 2a medical device and meets all the essential requirements set out in annex 1 of the Medical Devices Directive. If required, instructions will be given when the appliance is fitted.

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**