



## Instructions for Removable Appliances

Today you have been issued your **Removable Appliance (RA)** as part of your Orthodontic Treatment Plan. Please follow the instructions given so this appliance can work efficiently without causing damage to your teeth.

### When should I wear the RA?

Your RA should be worn in your mouth as demonstrated full-time (day and night (sleeping)) except when (1) eating (2) brushing your teeth (3) contact sports you participate in, which require a mouth-guard, and swimming.

When the RA appliance is out of your mouth it should be kept in a safe place and within the sealed container supplied. If it is not stored in this container supplied, you increase the chances of damage to your appliance, which will have consequences to the fit of your appliance and therefore will be detrimental to the treatment outcome. Please do not leave in direct sunlight or exposed to other sources of heat. Avoid storing the RA where it could be physically damaged. Should the RA not fit in your mouth for any reason, or if it becomes very loose, then contact us.

### Will the appliance be painful?

Some patients may experience minor discomfort at the start of treatment, which may be around the teeth which are being moved. This will soon settle, and the RA should NOT be removed/not worn. You MUST continuously persist with wearing the RA so your mouth can be given the opportunity to adapt as soon as possible. Within approximately a week following insertion, the RA should begin to feel comfortable.

### What can I eat?

Sugary and sticky foods will damage your teeth by causing tooth decay. It is very important that you should avoid eating sweets, lollies, sugary foods and fizzy drinks. It is preferable to brush your teeth when possible, prior to re-insertion of your RA, after a meal.

### How and when should I clean my RA?

Clean your RA carefully with a manual toothbrush and toothpaste each time you brush your teeth, at least twice a day (once in the morning and once at night before going to bed). The recommended procedure for cleaning your RA is to fill your cleaned bathroom sink with cold water. Then holding the acrylic part of the RA, over the sink, gently scrub the RA with a manual toothbrush. Take care to avoid potentially bending/damaging the wire work. Once you have brushed your RA, for approximately 1 minute, rinse it thoroughly in the water. Do not use hot water or expose the appliance to heat as this will cause the appliance to warp. In addition every month soak your appliance using denture-cleaning tablets (use ¼ of a tablet and soak for 5-10 mins at a time) or mouthwash diluted with 50% water.

During the day after meals rinse the RA prior to reinsertion into your mouth, under a cold tap water to clean any visible debris.

**If you have any concerns or questions please do not hesitate to contact us on 9576 9000**

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