Wear and care of appliance

LSO LEAMINGTON SPA ORTHODONTICS

How to look after my appliance

My removable appliance

Wearing
• You must wear your brace at all times including eating and sleeping

Cleaning
• Brush or rinse appliance after eating
• You must keep your brace clean to prevent tooth decay
• You must make sure you brush your teeth and your brace before bed
• Clean your removable brace with toothpaste and your toothbrush

Make sure you remove your brace by the clips at the back!

Always remember...

That if you do have any concerns or problems with your brace we are here to help

MUST MUST MUST!

Avoid hard, sticky and crunchy foods otherwise you will break your appliance

Let's break this down

Your brace may be removable!
Your brace may be fixed to your teeth!
Your brace may look different to your friends!

Whatever brace you have YOU MUST.....

• Keep your brace and your teeth **super clean**

• **Refrain from chewing on foods** or objects that are hard, sticky or chewy

• If you mistreat your brace and break it then this may result **in treatment taking longer**

• Make sure to **attend your appointments**

• **Do not suffer in silence!** If part of your brace is hurting you then we are here to help.

My fixed brace

• Brush your teeth both morning and night **at least**

• Use **interdental brushes** to clean the sides of the brackets

• Use a **fluoride** toothpaste and mouthwash (mouthwash at a different time to brushing)

• Stick to a **manual toothbrush** and break brushing up into 5 stages as explained

Don't worry the orthodontic team will demonstrate what you need to do to keep your teeth and brace clean.

Stage 1
brush the gum line

Stage 2
brush on top of the brackets

Stage 3
brush underneath the brackets

Stage 4
brush the biting surfaces

Stage 5
brush behind your teeth

Can you see the picture of the teeth with white marks on below? These marks are called decalcification and this is what happens if you don't brush well with a fixed brace on. These marks are permanent. It is very important that you clean your teeth as shown in surgery so pay attention.