

## Removable braces

### **What is a removable brace?**

A removable brace is made of plastic and metal, it clips around the teeth and can be removed for cleaning and sports.

### **Why do I have to wear a removable brace?**

There are many reasons for needing a removable brace including moving specific teeth, correcting the way your teeth bite together, protection of your teeth and brace, and improving your facial shape. You may have to wear fixed (train track) braces after your removable brace.

### **When do I wear the brace?**

The brace should be worn day and night. It should be removed for cleaning your teeth and brace, playing sports (when a mouth-guard should be worn) and swimming. When the brace is not in your mouth it should be placed in a protective box. If the brace is not worn as instructed it will not work and your orthodontic treatment may take longer or may be discontinued.

### **How do I clean my brace and teeth?**

Removable braces should be removed from the mouth for cleaning. Brush all surfaces of the brace with soap and water using a toothbrush. Take care when cleaning your brace, if it is dropped on a hard surface it may break. Brush your teeth as normal, ensure the brace is removed from the mouth first.

### **What should I expect when I first start wearing my brace?**

It will take up to a week to get used to your brace, during this time you will find that your speech is affected (difficulty with certain words/letters), your teeth and jaw may be tender and you will notice an increased saliva production. Pain killers will be sufficient to remove pain (please ask your orthodontist). If the brace is constantly being removed, you will not get used to it.

### **Do I remove my brace for eating?**

During the first week, while getting used to your brace, remove it for eating. Once you are confident with your brace try eating with it in. Ideally the brace should be worn for eating.

### **What do I do if my brace breaks?**

If your brace breaks or is lost please contact Embrace orthodontics as soon as possible. Lost or broken braces are not covered by the NHS. You are more likely to lose or break your brace if it is not kept in your mouth as instructed or it is not stored in a protective box when removed from the mouth.

Dogs love braces - if you have a dog, please be aware that if the brace is removed from your mouth, it should still be kept out of reach of your dog even if it is in a protective box!