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PATIENT INSTRUCTIONS – REMOVABLE APPLIANCE

CARE OF YOUR *REMOVABLE* APPLIANCE:

Your appliance has been custom made, and like a precision instrument it requires special care.

Wearing of the appliance:

If your Doctor instructs you to wear the appliance(s) at all times, i.e., every 24 hours a day even when eating, be sure to clean and brush the appliance gently after every meal.

If you are instructed to wear your appliance(s) full time – except when eating, be sure to place the appliance(s) in the retainer box provided and keep it in a safe place.

Cleaning:

If you are wearing your appliance(s) full time, brush the appliance(s) each time you brush your teeth as well as after every meal and before sleep at night. Soak the appliance daily in “Clean N Fresh” Retainer Cleaner for at least 15 minutes. You may use your toothbrush and toothpaste to carefully scrub the plastic while holding it in the palm of your hand. Be careful not to bend any wires. Rinse the appliance in warm, **NOT hot, water.**

Speaking with your Appliance in place:

Speaking clearly with your appliance in place may seem difficult when your appliance is new. After a bit of practice, you will soon overcome this and will hardly know the appliance is in place. Practice and wearing the appliance exactly as prescribed will speed up this process. The increased saliva flow that you initially experience will subside within a couple of days.

Eating with your Appliance in place:

If you have been instructed to eat with your appliance in place, it would be a good idea to stick to soft foods such as eggs, cereals, and soups for the first few days. Avoid chewy meat, gum, candy, or anything hard such as crusty bread, hard candy, or ice.

Soreness:

You may experience some soreness during the first few days of wearing a new appliance. This is normal and should go away within the first week. If it should persist or if soreness develops later in your treatment, call the Doctor for an immediate appointment.

Breakage and Lost Appliances:

If your appliance breaks, or if you lose it, call the office immediately. Do not attempt to fix or wear a broken appliance. Save all the pieces and bring them with you to your appointment. It is important that your appliance be repaired or replaced as quickly as possible so that your treatment proceeds smoothly.