

REMOVABLE APPLIANCE INSTRUCTIONS

As part of the orthodontic program, we have inserted a removable plastic appliance. This appliance, consisting of a plastic main portion, which may or may not have wire attachments, should be treated with care.

Some Important things to remember are:

- 1) Your appliance should be worn at **ALL** times (unless otherwise instructed. Invisible Retainers should be removed when eating). The only time the appliance should be removed is when: you brush your teeth, are playing sports, or go swimming in anything other than a pool. If the appliance is not being worn it should be in the case we provided.
- 2) You may experience difficulty speaking and/or extra saliva, also the appliance may feel “bouncy”. This is all normal and will go away in a few days. Eating may also be a little difficult. Stick to softer foods until you are more used to eating with the appliance in your mouth. Soreness of certain teeth may occur as well, but should diminish in a few days.
- 3) Care must be exercised in cleaning the appliance. The appliance can be held gently in the palm of your hand and brushed with toothpaste. While the appliance is out of your mouth brush your teeth, gums and roof of mouth. This should be done after every meal and snack. If you are in school and are unable to brush, at least rinse the appliance off in the restroom. Soaking the appliance in denture cleaners or Listerine to freshen it up are all excellent.
- 4) If for any reason the appliance is out of the mouth longer than a 24-hour period, it must be moistened. This will prevent warping of the appliance. Also do not allow the appliance to be exposed to excessive temperatures. The appliance can warp or break. In which, you may need a new appliance and have additional fees.
- 5) Another possible and more common cause of breakage is clicking it in and out of place, picking at wires, and gum chewing. Avoid doing all of these things, and avoid “sticky” stuff while the appliance is in.
- 6) Breakage or loss of the appliance may require a new impression to be taken and replacement of the appliance and possibly an additional fee. So PLEASE follow the instructions carefully. Also if the appliance becomes loose, it probably needs to be adjusted. Please call the office immediately if any of the above happens so we can adjust the appliance or make a new mold to replace the broken or lost appliance.

If you have any questions, please feel free to ask or call. (908)859-4555