

Removable appliances: frequently asked questions

Should I wear my braces all the time?

Yes, including mealtimes. You may leave your brace out during really rough sport. If you do, keep the brace safe in a box so that it won't be lost. If you lose your brace, you will be charged for its replacement, currently approximately £85.

Do not flip the brace up and down with your tongue.

Will it be painful?

Most patients experience some discomfort over the first 36 hours after the brace has been fitted. This may need mild painkillers such as paracetamol, which is available in tablet or dispersible form. It is important to follow the instructions regarding dosage on the packaging. In a small number of cases the pain may last as long as 4 days.

It is tempting to take the brace out if your teeth are painful. If you do this, you will only have to go through the painful episode again when you put the brace back in. Any discomfort should settle down if the brace is worn according to instructions.

Can I eat normally?

Yes, what you normally eat for meals should be OK. However, you should:

1. Avoid eating between meals.
2. Avoid sweets, toffees, chewing gum, peppermints and chocolate bars.
3. Avoid all fizzy drinks, fruit squashes and cordial.

This includes a ban on diet, low calorie and sugar free drinks. For the first few visits avoid hard apples and crusty bread. After that you can have these but cut them up and eat them very carefully.

How should I keep my teeth and brace clean?

After each meal, including lunch at school:

1. Remove the brace.
2. Brush your teeth.
3. Brush the brace with soap, water and a toothbrush.
4. Put the brace back in.

Is there anything I should remember to do before I go to bed?

Yes – take your brace out, brush your teeth and brace thoroughly and remember to put the brace back in your mouth.

What shall I do if the brace breaks?

Contact the Dental Service as soon as reasonable on 0333 405 0290.

Should I continue to see my dentist for check-ups?

Yes. It is important to keep your regular appointments with your dentist.