



PretoriaSmile
Orthodontics

DR EMAD GHABRIAL

BChD, MChD (in Orthod), H Dent Dipl, PG Dipl Dent (P. Manag.)

ORTHODONTIST
PR No. : 6401511

Queenswood TEL: (012) 333-2224/6
Silver Lakes TEL: (012) 809 1911

Email: orthodontist@iafrica.com
www.pretoriasmile.co.za

Wearing Removable Appliances



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About your Removable Appliance:

Your appliance consists of an acrylic plate, incorporating wires and springs to move the teeth.



Initial difficulties:

Your orthodontist will show you how to insert the plate and how to take it out. Practice this a few times before you leave. At first it will feel very big, you may produce extra saliva and find it difficult to swallow and talk. These problems will soon improve.

Eating:

The plate must be worn while you are eating. This will be difficult initially but you will quickly adapt to it. Avoid chewing sticky food such as chewing-gum and toffees because it can damage your appliance.

When should I wear my plate?

You must wear your appliance every day continually – except during the following activities:

1. Cleaning

Your plate should be removed after meals to be cleaned. It can be cleaned using a toothbrush after you have brushed your teeth. Pay particular attention to the fitting surface closest to the palate. If you are out and do not have a toothbrush, wash the plate with cold water and rinse out your mouth.

Special cleansers like “Retainer Bright” are available and are effective for removing bacteria, plaque & tartar that are difficult to remove with a

toothbrush. Do NOT place your plate in hot water or bleach.



2. Playing contact sport and wind instruments:

If the plate has to be removed for these activities, it must be placed in a rigid container. If you place it in your pocket, the spring can easily be damaged or bent. Place the plate back in the mouth as soon as you finish the activity.



End of Treatment:

Once the teeth are in the correct position, it may not be necessary to wear the appliance all the time. Your orthodontist will tell you when you have reached this stage.

Problems:

If your plate is damaged, does not fit, hurts, keeps falling out or is lost, please contact the orthodontic practice immediately!

Replacement:

If your plate has to be replaced for any reason, a fee may be charged.

Remember that when the plate is not in your mouth, your teeth are not improving. Previous progress can be lost and if you do not wear the plate as instructed; your treatment may be longer or be stopped.