

# The Care and Wear of Removable Orthodontic Appliances

## Patient Information

Maxillo Facial – Head and Neck Services



The Patient Information Leaflets page on the Trust website is available on the link:  
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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## Introduction

The removable orthodontic appliance you have been given will help to improve the position of your teeth. Orthodontic treatment works on the principle that a gentle pressure is applied to the teeth over a long period of time, to produce tooth movement.

## Advice and instructions

1. Wear your appliance all the time (night and day). You may remove it for swimming or sports, as well as brushing your teeth, but it must be replaced immediately afterwards.
2. If the appliance is removed, please store it in a sealed plastic container, to prevent loss and damage.
3. Do not eat sweets or chew gum with the plate in. It is important to have a low sugar diet during treatment, in order to prevent permanent scars forming on the teeth.
4. Clean your teeth thoroughly after your meal, then clean the appliance and replace it. The plate can be cleaned using either a toothbrush or a nailbrush, soap and cold water.
5. The appliance may feel uncomfortable for the first 24 to 48 hours, until you become used to it. Remember your tongue needs to become accustomed to working in a smaller space, and so your speech may be affected for the first few days.
6. If the appliance causes pain, breaks or does not appear to fit, please telephone for an appointment. Do not wait until you are next due to attend, as we may be able to fix it earlier for you.
7. To remove your appliance, follow the instructions you were given in clinic.
8. Remember you are attending this department for orthodontic treatment only, and you must continue to visit your General Dental Practitioner at regular intervals for check-ups and treatment as necessary.

**Failure to follow the above advice may result in a longer treatment time, or no improvement in the position of your teeth. Therefore, it is in your interests to follow the above advice.**

If you have any concerns, please speak to a member of staff, who will try to answer any questions you may have.

We can be contacted on the following numbers:

**Department** 01942 822487

**Reception** 01942 822451

Please use this space to write notes or reminders.

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## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager  
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## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



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## How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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