

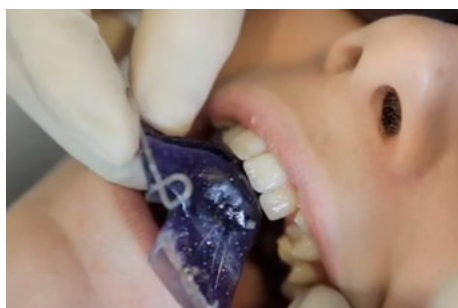
Brighter smiles. Brighter you.

treatmentinformation



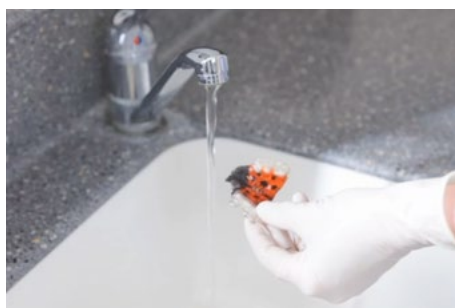
Fitting & Cleaning a Removable Brace.

The first thing to know about a removable brace is that it may feel a bit strange to begin with. It may make speaking a little awkward at first but providing you wear it properly this quickly passes within a few days.



Step 1: Adjusting the brace

When the brace is being fitted, don't worry if it feels a bit funny. We may need to make one or two adjustments to make sure it stays in place firmly and that it's comfortable for you.



Step 2: Washing the brace

It is very important to keep your removable brace clean. Otherwise it will become smelly and your gums or palate may become infected. Take the brace out of your mouth and rinse it under a warm running tap.



Step 3: Brushing the brace

Turn the toothbrush in tiny circles making sure you give the fitting surface of the brace a good scrub. We also recommend cleaning the removable brace with 'Retainer Brite' cleaning tablets. This kills 99% of 7 common odour-causing bacteria and can be purchased in the practice.

For more information and videos on this procedure and other orthodontic treatments please visit our website:

<http://confi-dent.co.uk/patients/educationalvideos.php>