

The Care and Wear of Orthodontic Appliance

Patient Information

Maxillo Facial – Head and Neck Services

Author ID: SW
Leaflet Number: MX 003
Version: 7
Name of Leaflet: Care and Wear of Orthodontic Appliance
Last reviewed: January 2021
Next review date: January 2023



The plate you have been given will straighten your teeth, but only if you obey the following instructions. Orthodontic treatment works on the principle that a very gentle pressure applied to a tooth over a long period of time (23 hours out of every 24 is ideal) will produce tooth movement.

Advice

1. Wear it all the time (night and day). You may remove it for swimming or sports, but it must be replaced immediately afterwards.
2. Do not eat sweets or chew gum with the plate in.
3. Clean your teeth thoroughly after your meal, then clean the plate and replace it. The plate can be cleaned using either a toothbrush and toothpaste or a nailbrush, soap and cold water.
4. It will feel strange for the first 24 to 28 hours that is until you become used to it. Remember your tongue has to become accustomed to working in a smaller space.
5. If it causes pain, breaks or does not appear to fit, telephone immediately for an appointment. Do not wait until you are next due to attend.
6. To remove your appliance, follow the instructions you were given in clinic.
7. If the brace is removed please store it in a sealed plastic container.
8. Remember you are attending this department for orthodontic treatment only, and you must continue to visit your General Dental Practitioner every four months for inspection and fillings if necessary.

Failure to follow the above rules will result in either a much longer time taken for treatment to be completed, or no improvement in the position of your teeth.

As you can see, it is in your interests to follow the above rules.

If at any time you are worried, please speak to a member of staff, who will try to answer any questions you may have.

We can be contacted:

Department 01942 822487

Reception 01942 822451

Please use this space to write notes or reminders.

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 to 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan WN1 2NN

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 pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



https://www.wrightingtonhospital.org.uk/media/downloads/sdm_information_leaflet.pdf

How We Use Your Information

For details on how we collect, use and store the information we hold about you, please take a look at our “how we use your information” leaflet which can be found on the Trust website: wwl.nhs.uk

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

© Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
All rights reserved. Not to be reproduced in whole or in part without the permission of the copyright owner.

Call 111 first when it's less urgent than 999.



EMPLOYER RECOGNITION SCHEME

SILVER AWARD

Proudly supporting those who serve.

Phone: 0808 802 1212

Text: 81212

www.veteransgateway.org.uk

