

This brace is expensive.

Persevere with it until you get used to it and wear it as instructed.



Cost to replace it = £84.80.

If you lose it, ring and let us know on the next working day.

When to wear it

24 hours a day unless told otherwise.

Keep it clean

- as clean as your teeth!
Brush it with your toothbrush & toothpaste twice daily, rinsing it after meals.

Sport

You can wear your brace for all sports unless you are required to wear a gumshield.

You eat with it in

- unless told otherwise. The balance of your bite may change. Cut your food up into small pieces and do most of the chewing on your front teeth.

Getting teeth extracted

Put your brace back ASAP after leaving your dentist.

Do not...

...click the brace up and down – it makes it loose and can break it.

When to turn the screw



If it breaks...

...and you can still wear it, let us know at your next appointment. If it is not wearable contact us on the next working day.

How long do I have to wear it?

Approximately 6 months.

Checklist

1. Cost to replace
2. When to wear it
3. Cleaning



What happens if I do not wear it?

It is unlikely that you will be able to go onto the next phase of your treatment.