

Newbury Orthodontic Centre
34 Stanley Road, Newbury Berks RG14 7PB
Tel: 01635 528830
Web: www.newbury-orthodontics.co.uk
Email: appliance-care@newbury-orthodontics.co.uk
Principal: Mr W Y Mak

CARE OF YOUR FUNCTIONAL BRACE

1. Please wear your brace **all the time**, including for sleeping. Intermittent wear means that the desired tooth movement will not take place and may also cause damage to your teeth.
2. Expect your new brace to cause some discomfort during the first week or so. You will get used to speaking with it within two or three days. You can only get used to wearing your brace by keeping it in the mouth!
3. You should however take your brace out for **contact sports, eating and swimming**. It should be stored in a strong container (available at a small cost from the reception desk).
4. If the brace is broken or cannot be worn for any reason, please contact the surgery by phone. We shall be able to tell you if it can wait until your next appointment or if you have to be seen before then.
5. You must keep your teeth and brace clean. Brush your teeth at least twice a day. Clean your brace at the same time using a soft toothbrush and **cold** tap water. Poor oral care can lead to gum disease, sore mouth and even tooth decay.
6. You will be charged if your brace has to be replaced, eg if lost.

Keeping your appointments

1. We try our best to see all patients on time. To achieve this, we rely on all our patients to arrive on time.
2. Please be punctual for your appointments.

Routine Dental Care

Please continue to see your own dentist for regular check-ups.