

# CENTURY ORTHODONTICS

OUR THIRD CENTURY OF ORTHODONTIC EXCELLENCE


Dr. Robert Waxler & Dr. Jeffrey Cavanaugh

Manchester ■ Clayton ■ Wildwood — Missouri

[www.centuryorthodontics.com](http://www.centuryorthodontics.com) 636-391-0499 century@centuryorthodontics.com

## REMOVABLE APPLIANCES

**T**he appliance you are now "wearing" is delicate and must be handled with care when out of the mouth. It took a great deal of time and careful work to construct it. Please take care!! **Breakage may necessitate lost time and added expense.**

1. At first, wear you appliance all day and all night unless otherwise instructed. We will tell you when you may reduce appliance-wearing time, but wear your appliance exactly as we instruct. It should be left out only while swimming (to avoid its accidental loss), while eating, while brushing, and very active sports (gymnastics, football etc.)
2. Never leave your appliance out of your mouth except in its case. Don't leave it lying around or wrapped in tissue. The most common way to lose this appliance is to wrap it in a napkin at a restaurant and forgetting it. Going through the trash at McDonald's is no fun! Dogs  are also a problem as they love to chew retainers left lying around (the saliva on them makes the appliance smell like a chew bone!) Even good dogs will do this
3. The appliance may simply be rinsed, or better still, scrubbed after breakfast, lunch and in between snacks; but should be cleansed with toothpaste after dinner or before retiring each night. Of course, remove the appliance before brushing the teeth, and always brush your teeth and gums after each meal. If you have difficulty cleaning the appliance try soaking it in denture cleaner for an hour or so. **Never use hot water to clean or sterilize your appliance as this will distort the plastic.**
4. Soreness of certain teeth is quite common during the first few days. This tenderness should completely disappear thereafter. However, should it continue beyond three days; or should irritation of the gums, cheeks, lips or tongue persist; or should a wire accidentally bend, make no attempt to adjust it yourself, but phone for a trouble appointment.
5. You may have to wear the appliance for several months; try not to become discouraged these first few days; speaking will improve greatly thereafter. Just be patient.
6. Without cooperation of the above instructions, there can be little if any improvement. With good cooperation, one can achieve the maximum results in a minimum amount of time. Teamwork between the patient, parent and orthodontist is essential for best results.
7. If you have any questions, please don't hesitate to call or ask at the next appointment for more information