



Queen Victoria Hospital
NHS Foundation Trust

Care of your removable brace (Removable appliance)

Maxillofacial and
Orthodontics Department



It is very important that you wear your brace as instructed by your orthodontist. This way the treatment will be finished more quickly.

Braces are normally removed for eating, cleaning, swimming and contact sports.



If for any reason your brace is left out of your mouth, it must be kept in a rigid container (brace box) to avoid damage.

Getting used to your new brace

It will take time to adapt to your new brace and at first, wearing your brace may be uncomfortable. You may find your jaw aches. This will become easier after the first week and regular wear is the quickest way to get used to it.

If you have pain, take a mild painkiller. When taking medicines it is important to read and follow the instructions, warnings and dosage on the bottle or packet.

Wearing your brace can also make speaking difficult. This will only last for a few days. Reading aloud to yourself can help speed up this process.

Please keep your brace away from pets. If it is not in your mouth ensure it lives in a box NOT a tissue as that is how they are lost.

Can I eat and drink as normal?

Normally you should remove your brace for eating and drinking, but it can be left in for drinking plain water. You should follow the instructions given by your orthodontist.

How do I clean my brace?

- Your brace should be cleaned in the morning after breakfast and before you go to bed.
- Take the brace out by pulling on the clips around back of the teeth.
- Clean the brace with your toothbrush and toothpaste containing fluoride then brush your teeth and gums.
- When you are satisfied the teeth, gums and brace are clean put the brace back into your mouth.
- Look in the mirror to check your teeth and gums are clean and that no areas have been missed.
- After all meals, rinse your brace and mouth.

How often will I need to come back to the orthodontic department?

Your brace will usually need adjusting at intervals of every 6-8 weeks. Long periods should not be allowed to pass by in between appointments without the brace being checked.

Do I still have to see my own dentist during treatment?

Yes, it is your responsibility to visit your own dentist for regular check-ups throughout your orthodontic treatment.

What happens if I lose my appliance or it breaks?

If your brace is broken or you are unable to wear it, please make a repair appointment as soon as possible.

Braces are time consuming and expensive to produce. A charge which is clearly displayed in department will be made if a brace is damaged or lost.

Routine Queries / cancelling or changing appointments – 01342 414141

If you need to change an appointment, please let us know as soon as possible so that we may give your appointment to someone else. A new appointment will then be discussed and agreed with you.

We will make every effort to avoid changing your appointment, but we regret that occasionally this happens due to unavoidable circumstances.

Orthodontic Emergencies / Additional queries

Please contact us as soon as possible if you become worried about your brace or have any other questions or concerns.

Maxillofacial and Orthodontics Unit

(Main Outpatients)

Tel: 01342 414419 or 414304

Monday to Friday

8.30am – 4.30pm



If you'd like to find out how you can support QVH,
please visit www.supportqvh.org



Please ask if you
would like this leaflet
in larger print or an
alternative format.

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