



Hayes Dental Surgery

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Q & A

REMOVABLE APPLIANCES

When do I wear my Removable Brace ?

You must wear your brace 24 hours a day, even to eat and sleep. Your brace should only be removed for cleaning and with your orthodontists permission , for sports. When not being worn, you must keep your brace moist in a brace box to prevent damage occurring.

What can I eat ?

Avoid hard, sticky and sugary foods such as chewing gum and toffees : these will damage your brace and teeth. Also, minimise your intake of fruit juice and fizzy drinks.

How do I clean my teeth and brace ?

Remove your brace for cleaning morning and night and after every meal. Ideally, you should use your toothbrush and toothbrush to clean both your teeth and your brace. If not at home , use your finger and running water to clean your brace and rinse your mouth vigorously with water.

What If I lose or break my brace?

If your brace breaks or for any reason, you cannot wear it, then you must contact Hayes, where the reception team will be able to give you advice. Lost braces have to be paid for, so look after them.

If any problems or concerns please contact our Orthodontic Treatment Co-ordinator Katie Butler