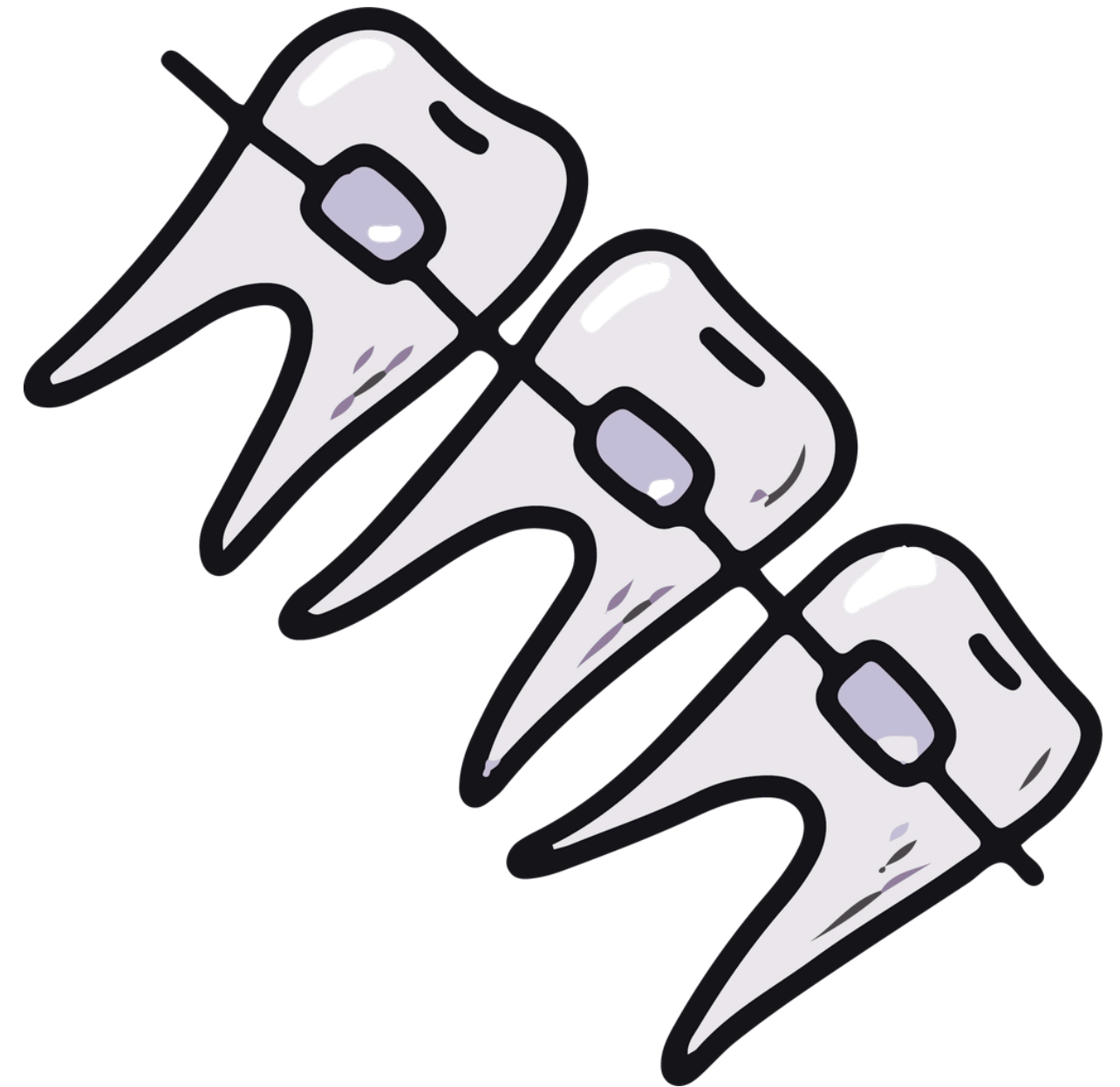


# Removable Appliance Presentation

Patient Instructions for Removable Appliance



**Your removable appliance has been specially designed to help guide your teeth into proper alignment.**

# Wearing the Appliance

## Consistent Wear is Essential for Effective Treatment

The appliance must be worn all the time even while

- Eating
- Sleeping

It should only be removed while brushing or cleaning the appliance.



# Appliance Cleaning

**Just like your teeth, the appliance must be cleaned daily**

In order to effectively clean the appliance:

- Brush the appliance gently using a toothbrush and toothpaste
- Rinse it thoroughly with water after every meal

Proper cleaning prevents bad odor, staining and bacterial buildup.

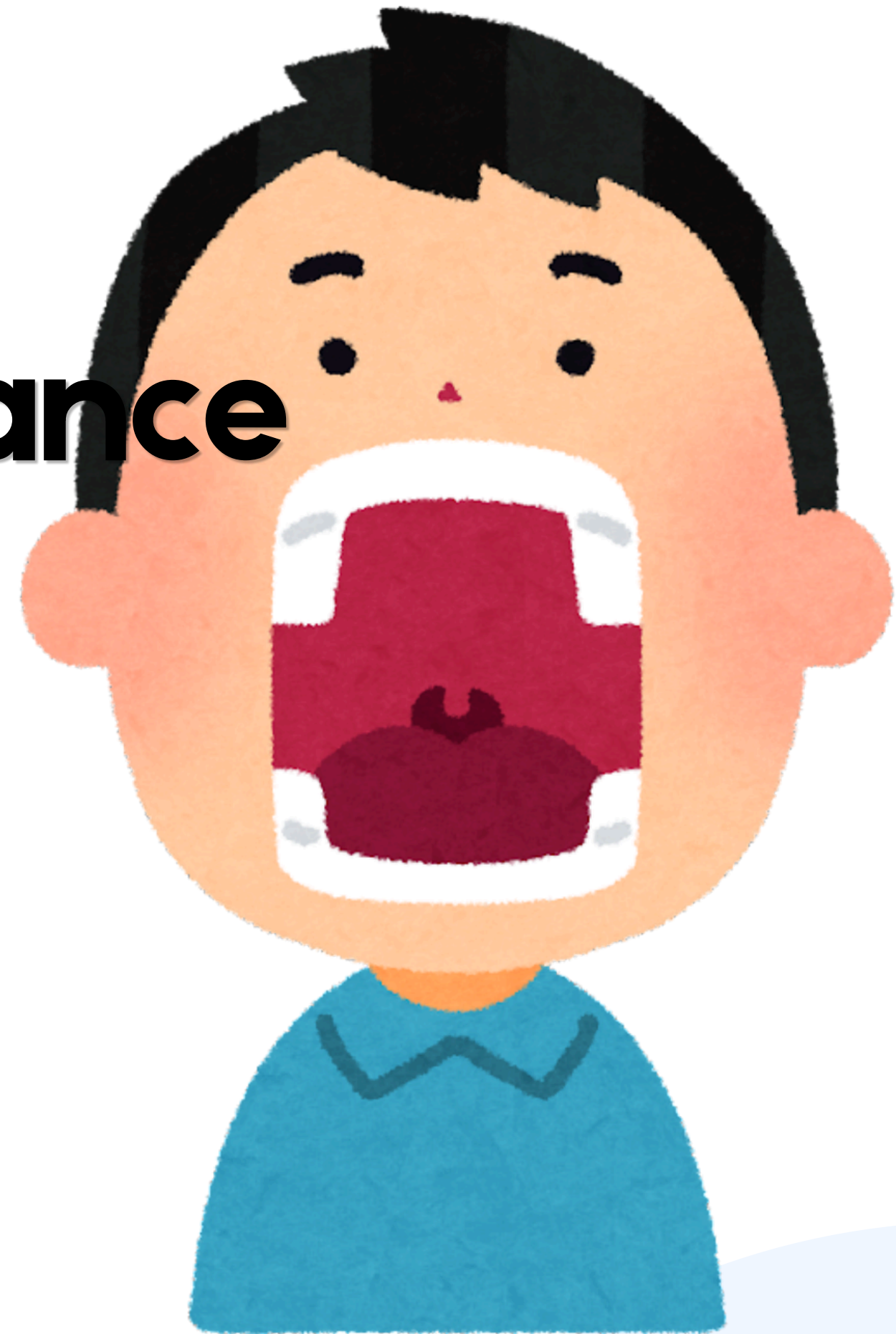


# Removing the Appliance

**Take utmost care while removing the appliance**

When removing the appliance:

- Use only the clasps provided
- Remove it gently and carefully
- Do not pull on the plastic portion of the appliance.



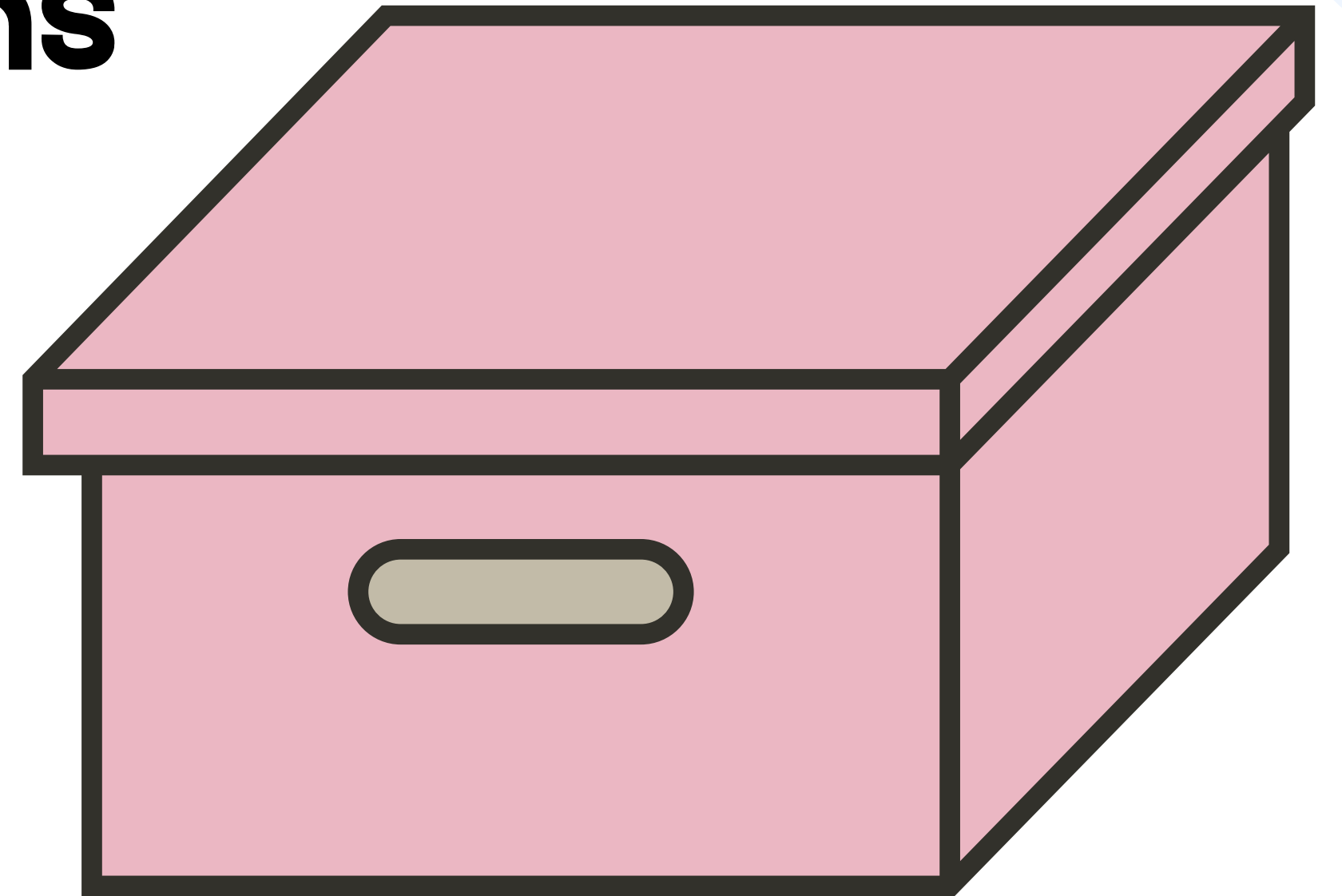
# Storage Instructions

**The appliance is a delicate and important thing, it is necessary to use proper care while storing it.**

When the appliance is not in use:

- Store it in a clean, closed container
- Keep the appliance moist by placing it in water

Never wrap the appliance in tissue paper or place it loosely in bags or pockets, as it may get damaged or lost.



# Initial Adjustment Period

**These symptoms are normal and usually improve quickly as you adjust to the appliance.**

During the first few days, you may experience:

- Mild discomfort
- Tooth soreness
- Increased saliva
- Temporary speech difficulty
- A slight plastic taste



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# Speech Difficulty

**Some difficulty speaking is normal initially,  
Patient adapts after some time to it.**

To improve speech more quickly:

- Practice reading aloud daily
- Speak slowly and clearly



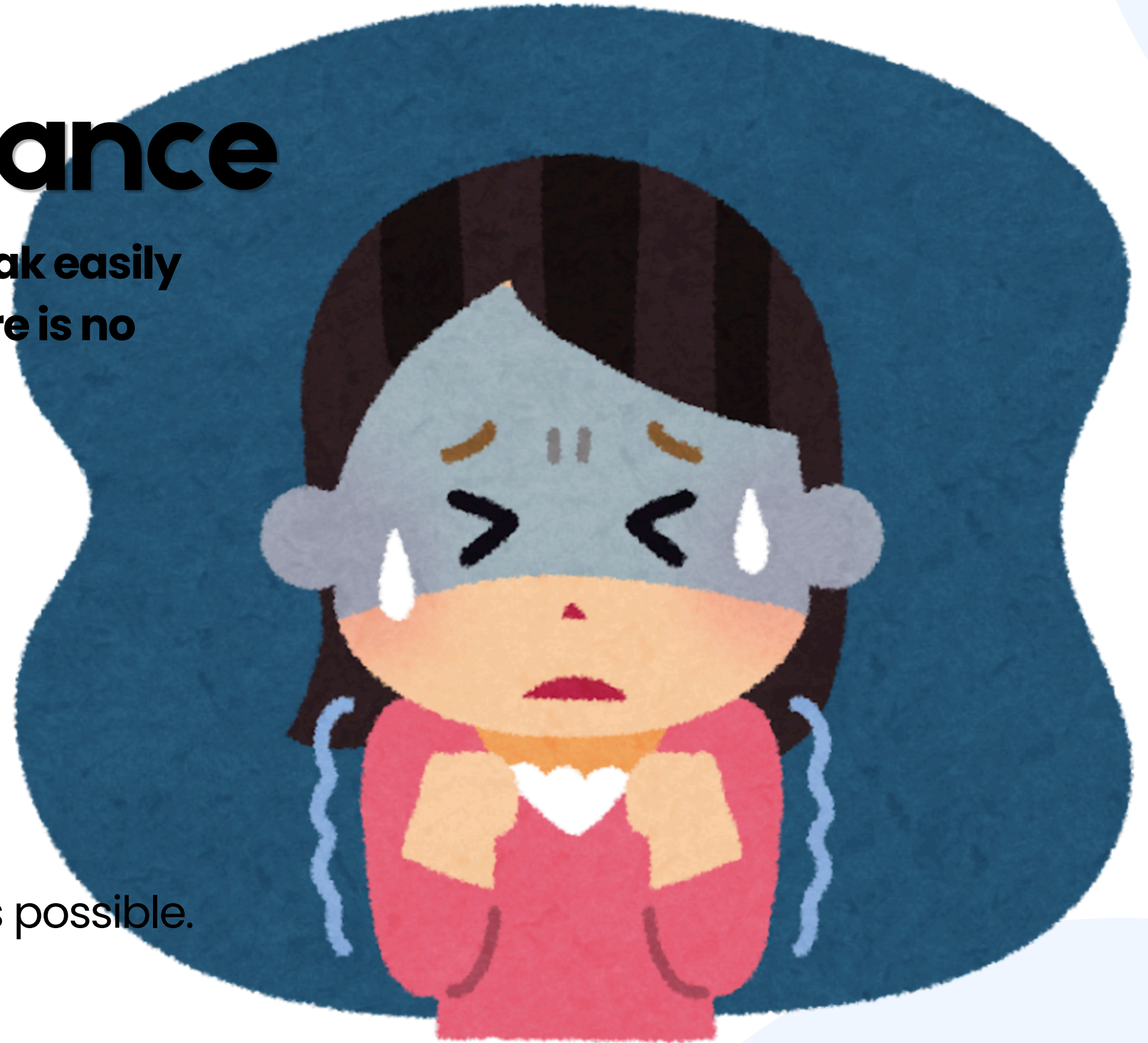
# Damaged Appliance

**Appliance is a delicate device and can break easily if proper care is not ensured. However, there is no need to panic.**

If any part of the appliance becomes:

- Loose
- Bent
- Cracked
- Broken

Please contact your orthodontist as soon as possible.  
Do not attempt to repair it yourself.



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# Thank You.

for more information visit  
[www.dranuradhaorthodontist.in](http://www.dranuradhaorthodontist.in)

