

## Health Advice

### How can I care for my removable orthodontic appliance (tooth brace)?

- Wear your appliance at ALL times, apart from when cleaning
- Wear your appliance at meal times, unless otherwise directed
- Clean your teeth and appliance thoroughly after meals and at bed time with a soft toothbrush and a toothpaste which contains fluoride and Triclosan
- Rinse around your teeth with a fluoride mouthwash after cleaning them
- Reduce your [risk of dental decay](#) by avoiding sugary snacks and fizzy drinks between meals
- If your appliance is uncomfortable or damaged contact your orthodontic surgery **immediately** - do not wait for your next appointment