

Removable Appliance

Information Guide



WHAT IS A REMOVABLE APPLIANCE?

A removable appliance (RA) is an orthodontic plate that fits around the teeth and gums. If the appliance is for the upper teeth, it will also sit against the roof of the mouth.

It may include springs or screws to move individual teeth and various wires to help stabilise it.



APPOINTMENT SCHEDULE

Removable appliances are custom made for each patient. This means a couple of appointments are required before active treatment is commenced.

Appointment 1: Impression (20 mins)

An impression is taken of the teeth and a wax copy is made of the bite. These are sent to our lab technician so that he can custom make the appliance to the orthodontist's specifications. Removable appliances come in many different colours, so don't forget to let us know what colour you would like!

Appointment 2: Fitting the RA (20 mins)

The RA is fitted by the orthodontist approximately 2 weeks after the impression has been taken.

Subsequent appointments are usually scheduled every 6 to 8 weeks until the desired outcome has been achieved. The orthodontist adjusts the RA at these visits.



WEARING THE REMOVABLE APPLIANCE

The removable appliance must be worn full time (this includes sleeping), except when eating or cleaning your teeth. It should also be removed for swimming and any contact sports where a mouthguard should be worn instead. If it is not worn as directed, the desired result will not be achieved.

ADJUSTING TO LIFE WITH A REMOVABLE APPLIANCE

With any new appliance, there is a period of adaptation. Talking and drinking can be challenging to begin with, but with practice improves rapidly.

There is usually some discomfort for the first few days after the RA has been fitted. Mild pain relieving medication can be taken, if required.

While it is generally recommended that your appliance is removed for eating, it is important that sweet and acidic food and drinks are avoided, as they can damage the teeth.

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