

PATIENT CARE

You now have your removable plate. It is important that you wear this plate as we have instructed. This way we can work together to achieve the goal we have set.

It is important to wear your plate at all times (unless instructed otherwise). The only time you don't wear your plate is when brushing, swimming and playing sports.

You have been provided with a retainer case. It is important to keep your removable plate in here when it is not in your mouth as it can be easily broken or lost.

Maintenance of your plate is very important, so be sure to keep it clean along with your teeth. This can be done by brushing it under cold water at least once a day. Polident or Sterident can also be used occasionally to soak your plates.

Insert and remove your plate the way we have shown to avoid any damage to your appliance.

If your plate is ever broken or lost please call us to schedule in an extra appointment. It is important to organize this as soon as possible because teeth may move when your plate is not being worn.

Adjusting to your plate may take time, but your mouth will feel normal again after a few days.



