

Do's and Don'ts with Removable/ Fixed Orthodontic Appliances

- Remember to brush your teeth 2-3 times per day & Floss at least once per day. Look in the mirror when brushing& flossing
- Your appliance should be cleaned 2-3 times per day with tooth brushing
- **DO NOT EAT ANY sticky or hard** food/sweets with your appliance (including chicken legs, steak, bones of meat, lollipops, toffees, whole apples/carrots, liquorice, biltong, popcorn/hard corn), if appliance break off or get lots additional fee will be charged.
- Double normal doses (3000mg+) of Vitamin C can be taken if the appliance is causing pain.
- If any part of appliance gets broken, please schedule an appointment ASAP to get it fixed.
- Removable appliances: Only remove when eating or doing contact sports (rugby, netball, etc) The appliance **won't work** if not worn 24/7
- **NB: If appliance gets broken additional cost will be charged to fix it, this cost is not covered by your medical aid and is payable before or on the day the repair is done.**
- Please be careful with your appliance, treatment time is unnecessarily extended if repairs have to be done.

