Congratulations! You are now the proud wearer of a plate custom made for you. The plate is designed to move your teeth into a better position. It may take a day or two to adjust to wearing. At first, you may find you produce more saliva than usual, sound different when you speak or feel some discomfort, but this will settle very soon.

Wear

☐ All day and all night
☐ Night time only
☐ Day time only
☐ Special instructions

> Take your plate out when you eat, play sport and brush your teeth and gums. Wear a mouth guard if you play contact sport.

> Keep your plate safe from being lost or damaged by storing in a plastic box labelled with your name and home number (try a plastic soap box).

Clean

> Rinse your mouth and plate with water after eating – remember to put your plate back in.

> Take your plate out to brush your teeth, gums and plate in the morning and before bed at night. Use a soft toothbrush and a pea sized amount of fluoride toothpaste.

> Brush both sides of your plate using cold water - do not use hot water – it will damage your plate. Remember to be careful with the wires.

> No chewing gum, bubble gum, sticky chewy sweets or hard lollies. They will stick to your plate and may break wires or the plate itself.

If your plate is not kept clean, it may smell or taste bad. An unclean plate can lead to gum infection and increases the risk of tooth decay.

Fit

A loose plate delays success. Contact the dental clinic if the plate becomes loose or can’t be worn due to broken wires etc.

Tips

> Leave your plate at home in a glass of water if you go swimming.

> Plates left in pockets, bags or the car’s glove box may be lost or damaged.

> Don’t wrap your plate up in tissues or serviettes – they might be thrown away with the rubbish.

> Dogs love to chew plates – don’t leave them where your pet can help themselves!

Regular reviews and plate adjustments are important so please remember to keep your appointments.