



National Dental
Centre Singapore
SingHealth

Removable Appliance



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5 Second Hospital Avenue Singapore 168938 • Tel: (65) 6324 8802 • Fax: (65) 6324 8810
Email: enquiries@ndcs.com.sg • www.ndcs.com.sg • Reg. No. 199505641

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What is a removable appliance?

A removable orthodontic appliance is worn to correct early dental problems. These include bite problems such as an overbite, single tooth problems, jaw expansion, or to treat problems related to the jaw position.



How to use your removable appliance?

It is very important to follow your orthodontist's instructions about how and when to wear the appliance, as treatment will only work if the appliance is used correctly.

- Only remove the appliance when cleaning or participating in contact sports. After removing it, place it in the protective box provided immediately to avoid losing or damaging it.
- Insert and seat the appliance with both hands, moving from the front to the back.
- Do not bite the appliance into place.
- Do not play with the appliance by clicking it in and out with your tongue as this will cause it to become loose or break.
- Take out your appliance using the wires at the back.
- Clean your appliance with a soft toothbrush and toothpaste at least twice a day in the morning and evening, and after meals.

Issues you may encounter with your removable appliance.

You can expect some discomfort after the appliance is first fitted. These include:

- Tightness in the fit of the appliance
- Teeth feeling sore or loose
- Difficulty with chewing
- Changes to speech
- Increase in saliva flow

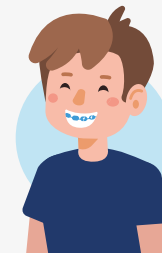


These symptoms will pass once you become used to wearing the appliance.

If the appliance malfunctions, you may need to return for a visit.

Please call our clinic at **(65) 6324 8802** or email us at **enquiries@ndcs.com.sg** if:

- You are unsure about any of the instructions you have been given.
- The appliance does not seem to fit properly.
- You are experiencing discomfort such as sore spots on your gums after having worn the appliance continuously for some time.
- The appliance is lost or broken.



If a part of your appliance is dislodged and you think you may have swallowed it, please visit NDCS during clinic hours from 8am to 5.30pm or any hospital's Accident and Emergency (A&E) department after hours for assessment.