

# ORTHODONTICS



## What is Orthodontics?

### Removable Plates

Removable plates are often used to straighten teeth as they are growing especially if you do not have all your adult teeth yet. A removable plate can help the teeth and jaws develop better as you are growing, and help correct problems earlier.

### How is the plate made?

Your plate is made from a mold of your teeth; it is made with a plastic base and wires. The wires are there to either hold the plate in place (clasps) or to move the teeth (springs). Sometimes an 'expander' screw is placed in the middle of the plate to help widen jaws so they fit together better.

### How to put your plate in

Position the wire and springs as you are shown. Then firmly press the plate on the plastic into position. If after seating the plate and the springs are not in the correct position, remove the plate and start again.

something to smile about...

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## How to remove your plate

With a finger on each side pull on the clasps on the back teeth – never on the springs or the front wire.

## When to wear your plate

Sport - remove your plate before swimming or playing sport and keep it safe in the protective box that was given to you with the plate. Don't forget to put your plate back in!

Cleaning instructions - after eating, take your plate out and brush your teeth, gums and your plate with a toothbrush and toothpaste. Rinse your plate and mouth with water if you do not have a toothbrush with you.

Plate Box - Please make sure your name and phone number are on the box. If it does get lost and it is found, it may be returned to you.

Helpful Hints:

- Do not eat chewing gum, as it sticks firmly to the plates unless it is 'Freedent' gum.
- Do not flick the plate up and down with your tongue. This will break the clasps that hold the plate in place.

## Speech

You may have a little difficulty in talking and eating at the beginning. This will pass in a couple of days providing the plate is worn as directed and is well seated.

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Yes Yes Yes!

thank you!

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