



NEO ORTHODONTICS™

Removable Appliance Instructions

Discomfort

- Wear your appliance at all times, including meals and overnight, unless your orthodontist instructs otherwise. Mild discomfort in the first week is normal as teeth begin to move. Pain relief (e.g., regular headache medication) and a softer diet can help.
- It may take a couple of weeks to get used to the appliance—please persevere.
- Severe or prolonged discomfort should be reported immediately; a small adjustment may be required.
- Speech and swallowing may initially be affected, but these issues typically improve over time.

Diet

- Eat a soft diet whenever possible. Cut food into small pieces and use your back teeth to chew, minimising pressure on the appliance.
- Avoid hard, crunchy, chewy, or sticky foods (e.g., crusty bread, toffees, boiled sweets, chewing gum) as they can damage the appliance.
- Minimise sugary foods and drinks; choose sugar-free alternatives and water.
- Avoid fizzy drinks, including sugar-free varieties, as these can permanently damage or stain tooth enamel.

Cleaning

- Brush your teeth three times a day: morning, evening, and after meals, before wearing your appliance.
- Clean your appliance thoroughly with water after each use. Avoid toothpaste as it may damage or discolour the appliance.
- Soak the appliance once or twice a week in a cleaning solution (e.g., Vitis effervescent tablets) and brush afterward.
- Use disclosing tablets weekly to identify areas needing extra cleaning.

Breakages

- Breakages can prolong your treatment time.
- Do not repeatedly click the appliance in/out with your tongue or press it in with your teeth; always use your fingers.
- Identify the problem (e.g., broken wire, rubbing gum) before contacting the clinic to receive appropriate advice or schedule an appointment. We may request a photograph of the problem area to be able to assist in booking the correct appointment or provide appropriate advice.
- Replacement of lost or badly broken appliances will incur a charge. If you do not wear your appliance as instructed, your teeth may move. This will cause ill fitting and a replacement at cost will be required.
- Store your appliance in a rigid container when not in use.

Sports and Activities

- Remove the appliance for contact sports and when playing wind instruments.
- Wear a mouthguard for all contact sports and replace the appliance afterwards.

Dental Check-Ups

- Continue regular dental check-ups throughout your orthodontic treatment.