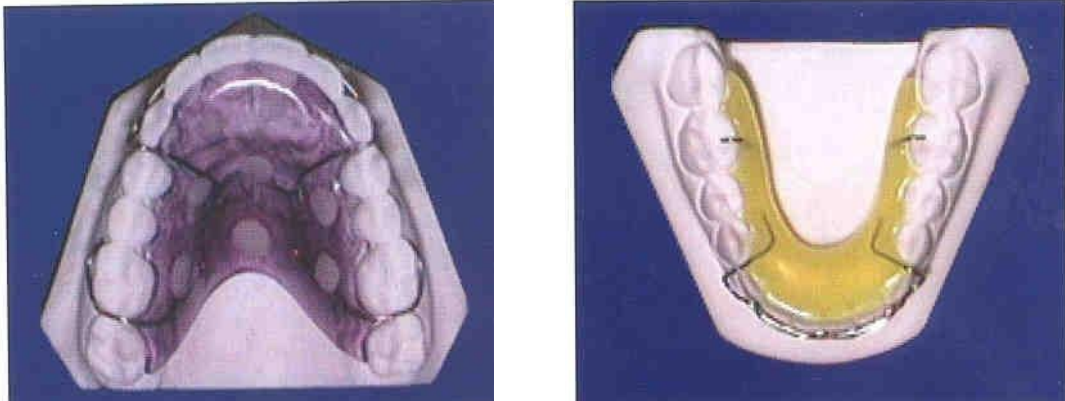


VIRTUOSUM

Dr Sean O'Callaghan
BDSC (MELB), CERT ORTH (CWRU), MSD (CWRU) CLEVELAND USA

Removable Appliance



Dr. O'Callaghan has recommended a removable appliance for your orthodontic treatment.

How Often Should I Wear My Appliance?

- **Each** person has different requirements for their appliance wear. Removable appliances **must** be worn during the times specified by Dr O'Callaghan.
- **Do not** wear your removable appliance while eating main meals, drinking hot drinks, cleaning your teeth and during involvement in contact sports or swimming.
- **If you are playing** contact sports, then a mouthguard made by your Dentist should be worn at all times!
- **When your appliance** is not in your mouth, they **must be kept** in their case!
- **Remember** to bring your appliance to each orthodontic appointment.

How Do I Care For My Removable Appliance?

- **Keeping** the appliance in your mouth or in it's case will avoid loss or breakage, which leads to extra expense.
- **Ensure** you clean your appliance when you clean your teeth. Brush the appliance with your toothbrush, toothpaste and always use **cold water**. Alternatively, a denture cleaner and **cold water** can be used to clean your appliance. Placing your appliance in straight **white** vinegar can also remove any stains and smells. Place in **white** vinegar for approximately 15 mins then rinse with cold water and clean with your toothbrush.
- **Never** place your appliance under hot water or use chemicals to clean it, as this will distort your appliance and a new one may be required.
- **Avoid** leaving your appliance where it may be accessible to pets as they find them quite tasty!
- **Never** place your appliance in tissues or in your pockets as they are easily lost or broken and they are very expensive to replace!
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What If My Appliance Becomes Lost Or Broken?

- **It is important** to make an appointment with Dr O'Callaghan if your appliance becomes loose, tight, lost or broken.
- Please note, there will be a charge for any repair or replacement of your appliance so please make sure you take very good care of it at all times.