

# YOUR ORTHODONTIC PLATE

## Instruction guide

### About your plate

**Space maintainers** and **habit deterrents** are orthodontic plates used to help hold teeth and supporting structures in a favourable position and keep the current position of teeth. They aren't designed to straighten the teeth, so further orthodontic treatment may be required at a later stage to correct alignment.

Dr Barbara will instruct the patient on when to wear the plate. Usually this is day and night or night only in some cases.

### What to expect

An increase of saliva production is very normal and will settle down quickly. Ulcers or sore spots aren't normal so please let us know.

Lots of talking, reading out loud and singing will help your speech to adjust to the plate.

### Caring for your plate

To reduce risk of damage, place the plate as shown and secure by pushing on the acrylic. Remove at the back using the clasps. Do not pull on the front wire.

ALWAYS STORE IN IT'S CASE AS IT IS EASILY LOST OR BROKEN. Pets, especially dogs, are attracted by the scent and love to chew them! We advise keeping the case up high or stored away in a cupboard or drawer.

Clean the plate when you brush your teeth by using a tooth brush and running water morning & night. Use a denture cleaner like polident once or twice a week to freshen it up and reduce bacteria. Rinse your mouth with water after eating. Thoroughly clean your teeth especially at the sides where the plate is secured. Do not put in hot or boiling water.

**Wear as instructed. It should be removed when you are eating, drinking (cold water is ok), playing contact sports or swimming.**

**Please wear your plate: Nightly / Day & Night**

**PLEASE CONTACT US WITH ANY QUESTIONS OR CONCERNS**

Continue to visit your general dentist 6 monthly



9876-1677

reception@alignorthodontics.com.au