

How to look after your child's removable appliance

Information for patients, parents and carers

Removable appliances require care to keep them clean, functional, and looking their best. This leaflet explains how to look after your child's removable appliance. If you have any questions, please speak to the dentist looking after your child.

What is a removable appliance?

A removable appliance is a custom-made device for your child's mouth. They may be used to replace a tooth that has been damaged or missing (for example, a denture) or for orthodontic treatment.

Will it be painful?

Your child may have some discomfort as they get used to the appliance. If necessary, normal painkillers can be taken. If there are sharp areas or an obvious area of soreness, please ring the Paediatric Dentistry team for advice (see below). Please do not stop wearing the appliance unless the dentist has said so.

How else might it affect my child?

Your child's speech may be different in the first few days. Practice reading or counting out loud at home.

Your child may also produce more saliva than normal. Reassure your child that this is normal and will get better over a few days.

Can my child eat normally?

Remove your child's appliance before eating unless the dentist has told you otherwise.

Rinse the appliance after eating to remove any food or loose particles.

It is very important that your child looks after their teeth. Wearing a removable appliance can make your child at risk of tooth decay. Avoid sugary snacks and drinks between meals and at bedtime. Avoid sticky, hard or chewy foods. These hard foods, for example, apples or carrots can damage the appliance. Avoid large amounts of fruit juice and fizzy drinks.

How do I clean the appliance?

The appliance should be brushed daily and after eating. It should be handled carefully and brushed with a toothbrush with soap and water or a denture cleaning solution to remove food debris and plaque. Care should be taken to avoid damaging the plastic or any metal clasps.

What should my child avoid doing?

- Avoid using abrasive or whitening materials to clean the appliance as these can damage the surface of the appliance, for example, firm bristled toothbrushes, whitening toothpaste, harsh cleaners.
- Do not use products containing bleach as these can tarnish or damage the metal clasps and can weaken the appliance.
- Avoid cleaning the appliance with hot water as this can distort its shape.
- Do not leave the appliance sitting loose. Make sure it is kept in a protective box if it not in the mouth.

Should my child wear the appliance at night?

This depends on what the removable appliance is for.

Many removable appliances, particularly dentures, should be taken out at nighttime. Place the denture in water or a denture cleaning solution overnight.

Sometimes, we recommend that your child wears the appliance overnight. Speak to your dentist if you are not sure.

Should my child wear the appliance during contact sports?

Remove the appliance for contact sports and store it in a protective box. We recommend that your child wears a gum shield to protect their teeth. Ask your dentist for more information.

My child plays a musical instrument. Can they still wear their appliance?

Talk to your dentist and music teacher about this. Sometimes, we recommend removing the appliance if your child plays a wind instrument. If they are not wearing the appliance, always store it in a protective box.

What if the appliance becomes loose or does not fit?

Speak to your dentist if you are worried that the appliance does not fit. Please contact us using the phone numbers at the end of this leaflet.

Contact us

If you have any questions or concerns about the information in this leaflet, please contact the Department of Paediatric Dentistry team.

Central Referral Office	020 3299 4988
Clinic Appointments	020 3299 3055
Secretary	020 3299 1681

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.kch.nhs.uk/patientsvisitors/patients/leaflets

MyChart

Our MyChart app and website lets you securely access parts of your health record with us, giving you more control over your care. To sign up or for help, call us on 020 3299 4618 or email kings.mychart@nhs.net. Visit www.kch.nhs.uk/mychart to find out more.

Sharing your information

King's College Hospital NHS Foundation Trust has partnered with Guy's and St Thomas' NHS Foundation Trust through the King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas' hospitals. King's College Hospital and Guy's and St Thomas' NHS Foundation Trusts share an electronic patient record system, which means information about your health record can be accessed safely and securely by health and care staff at both Trusts. For more information visit www.kch.nhs.uk.

Care provided by students

We provide clinical training where our students get practical experience by treating patients. Please tell your dentist if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams. The PALS office is located on the ground floor of the Hambleden Wing, near the main entrance on Bessemer Road - staff will be happy to direct you.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS

Tel: 020 3299 4618

Email: kings.pals@nhs.net

If you would like the information in this leaflet in a different language or format, please contact our Interpreting and Accessible Communication Support on 020 3299 4618 or email kings.access@nhs.net