

## Removable Braces

This type of brace can be put in and taken out by the patient. For them to work well we usually ask that you wear your brace at all times except tooth brushing, swimming or if you play any contact sports.

### What do they look like?

They usually consist of a mixture of plastic and metal parts. They may be used for both the top and bottom teeth. Examples are shown in Fig's:

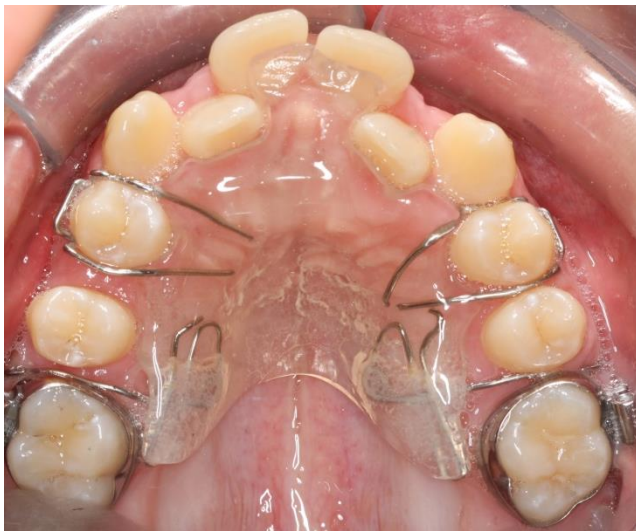


Figure 1: An upper removable brace to move the molar teeth backwards to create space to straighten the front teeth.

These braces are sometimes used on their own or before or at the same time as fixed braces.

See [How to look after your brace](#) for more information.