

FUNCTIONAL APPLIANCE

WHAT IS A FUNCTIONAL APPLIANCE?

A functional appliance is made up of two removable braces, which work on the upper and lower teeth at the same time. The lower jaw should be postured forwards and closed so that the bite blocks engage.

WHEN DO I HAVE TO WEAR THE BRACE?

The braces must be worn **all day and all night** - with good wear the improvement in the position of your teeth can be quite dramatic. They must only be taken out for eating, brushing your teeth and for sport (including swimming).

HOW LONG DOES TREATMENT TAKE?

This will vary depending on how severe your case is. Usually the work of this brace is completed in about 3-6 months – you may then have to wear the brace just at night before progressing to the fixed “train-track” type of brace.

Failing appointments, repeated breakages and poor wear will add to the overall treatment time.

HOW WILL MY BRACES AFFECT ME?

Initially your jaws will ache for a few days and this is normal. Painkillers such as the ones you would normally take for a headache will help.

Your speech will be different at first so practice reading out loud at home, it will soon return to normal within a couple of days.

It's common to generate more saliva and swallow a lot to begin with; this is also quite normal and will quickly pass.

HOW SHOULD I LOOK AFTER MY BRACE?

If the brace is out of the mouth for eating or sport it must be kept in a brace box to avoid damage. Do not click the braces in and out with your tongue as this will break the wires and increase the length of time the treatment will take.

Remove the brace for brushing your teeth and clean it gently with a toothbrush. Don't use toothpaste to clean the appliance as this can discolour it, just use water. A special cleaner such as “Retainer Brite” can be used to freshen up the appliance. Take care not to drop the brace in the sink as it will shatter!

- An orthodontic mouthguard should be worn for contact sports – ask us for details
- It is important to continue to see your regular dentist for check ups
- If the brace breaks contact us as this may slow treatment and may result in damage to your teeth
- Telephone Vicki Dunne: 07891 649268