

Functional Appliances – Upper and Lower Removable Braces

How much should I wear my Functional Appliance?

Your functional appliance should be worn full time, 24 hours per day including sleeping. The brace should only be removed for cleaning and if you have to wear a mouth guard. It is best if you can eat and drink with your braces in your mouth, however you may wish to remove them for eating but they should be put back in your mouth immediately after eating. Whenever the appliance is removed ensure it is placed in a suitable box, preferably with your name and address marked clearly on the outside. Dedicated boxes are available to purchase at reception. Do not repeatedly click the brace in and out with your tongue as this will loosen or break the wires and increase the length of time the treatment will take.

What to expect?

Expect the appliance to be tight and it will feel strange and bulky. It will possibly rub a little against your cheeks and lips and you may even get a little blister. You may experience muscle aches as the muscles in your cheeks are stretched. If required you can take pain relief that you would normally take for a headache but be careful not to exceed the recommended daily dose and always read the packet carefully. Expect some excessive saliva in your mouth and difficulties swallowing - these problems will resolve quickly with wear. You should also expect initial eating difficulties and speaking difficulties. Speech returns to normal quickly providing the appliance is worn as instructed.

How to clean your brace?

Ideally the appliance should be removed after eating and cleaned with a toothbrush and rinsed under cold running water. Do not use hot water as it may melt the plastic of your brace.

Can I eat normally?

Yes you should be able to eat normally. You can eat with your functional appliance in place but you may wish to remove it for eating. After each meal remove your brace and rinse it thoroughly. Fizzy drinks should be stopped during brace treatment. If you decide to remove the appliance for eating please ensure it is worn *immediately* after you have stopped eating. It should not remain out of the mouth for hours after each meal or it will not work!

What about tooth brushing?

It is important you brush thoroughly twice a day with a fluoride toothpaste. If possible carry a brush with you for use after lunch. Take the brace out to clean your teeth and gently brush your brace, taking care not to damage the wires, before replacing it. A daily fluoride mouth wash should be used during your orthodontic treatment. Failure to keep your teeth and brace clean and a sugary diet or fizzy drinks can lead to permanent damage to the surface of your teeth.

What if the brace breaks, I am unable to wear it or lose it?

If you are careful with your brace it should not break. Even if a bit of the plastic or wire breaks you should still try to wear your brace. If you are unable to wear the brace or the appliance is hurting you then contact the centre on 01355 5235915 to organise an earlier appointment. **If you lose your brace you will need to pay the full cost to replace it.**

Do I still need to see my regular dentist?

You must continue to have regular check-ups with your dentist during orthodontic treatment so that your teeth can be checked for decay or other problems.