

Now that you have a functional brace you may have some questions you would like answered.

What is a functional appliance?

A functional appliance is a removable brace that works on the upper and lower teeth at the same time.



How much do I need to wear the brace?

The brace should be worn full time apart from eating your main meals, when playing sport and when you clean your teeth. It is very important that you follow these instructions. With the correct number of hours of wear you may find that the improvement in the position of your teeth can be quite dramatic.

Will it be painful?

These braces are bulky and take a few days to get used to. Your jaw muscles may ache. If it is uncomfortable, take painkillers such as the ones you would use for a headache. If the brace is rubbing in a particular spot, please ring for an appointment. Try not to stop wearing the brace.

These braces are difficult to speak in at first. Practice speaking with the brace in place eg read out aloud at home and in this way you speak will return to normal within a few days. You may also find yourself swallowing a lot to begin with. This is normal and will quickly pass.

Can I eat normally?

You may not be able to eat with the brace in place but please try. If you take it out for eating then put it in the rigid box provided. In order to prevent damage to your teeth and to the brace you should:

- Avoid eating toffees, boiled sweets, chewing gum, and hard sticky sweets.
- Avoid drinking fizzy drinks (including diet drinks) and excessive amounts of fruit juice.

What about tooth brushing?

It is important you brush your teeth well twice a day using a fluoride toothpaste. If possible carry a brush with you to use after lunch or finish your lunch by rinsing with water. Take the brace out to clean your teeth. You should also gently brush the brace, taking care not to damage the wires.

A daily fluoride mouthwash should be used last thing at night, after toothbrushing. Failure to keep your teeth and brace clean will lead to permanent scarring of your teeth.

How long will treatment take?

This varies but most people wear the brace for 9 -12 months. Failed and cancelled appointment and breakages will add to the overall treatment time.

How often will I need an appointment?

Once your brace is fitted you will need frequent and regular appointments every 8-10 weeks for it to be adjusted.

Will I still need to see my regular dentist?

Yes, it is important that you still have check ups with your regular dentist throughout orthodontic treatment.

[Will I still be able to play contact sports?](#)

Yes, but it is recommended that you remove your functional brace and wear a gumshield when doing so.

[Will I need to wear another brace after the functional brace?](#)

Most patients do need to wear fixed braces to move individual teeth into better positions, once the jaw relationship has been corrected.

[What do I do if my brace breaks?](#)

Ring up for an appointment as soon as is reasonably possible. Do not wait for your next routine appointment as the breakage may slow your treatment or may result in damage to your teeth.

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Functional Appliances



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