

# Functional Brace Instructions

Your functional brace will help to correct your bite so that your teeth fit properly together. Success in treatment is totally dependent on your full co-operation in wearing the brace. Both parts must be worn together in the correct position or the brace will not work.

## Please read the following instructions carefully:

**Wear the brace full time.** If you have any problems wearing the brace contact the practice straight away. Take the brace out for cleaning your teeth, contact sports and swimming. It is possible but not essential to wear it at meal times. This requires a little practice but is worth the effort.

**At first the brace will be uncomfortable.** Any sore spots will usually pass with continued use of the brace. If discomfort persists, do not wait until your next appointment, contact the practice and an appointment will be made for you as soon as possible. You may produce a little more saliva initially but this will soon return to normal. You must try to keep your blocks in contact at all times.

**Speaking** is usually the biggest problem that our patients have with functional braces. Learning to speak wearing your brace will take about a week before you are comfortable. Practice reading out loud at home and avoid constantly removing your brace. Tell your friends and teachers that you have a new brace and are learning to speak again!!!

**Keep the brace very clean** by brushing it thoroughly with a toothbrush. Pay particular attention to brushing your teeth and gums for two minutes at least twice a day. Soak your brace in 'retainer brite' 2-3 times a week.

**The functional brace is expensive** and so you must take good care of it. When the brace is not in your mouth store it in the box provided. Do not wrap them in tissue paper. Many braces have been thrown away after being wrapped in a napkin at lunchtime! If your brace breaks or becomes distorted, contact the practice immediately. If you lose or break your brace you may have to pay for a replacement.

**Functional brace therapy typically lasts 9-12 months** and is often followed by fixed brace treatment.

**Remember that you should continue to visit your own dentist** for regular check-ups and any necessary treatment during your orthodontic treatment.

*If you have any problems between visits please contact us*

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