



## **Patient Information Leaflet- Functional Appliances**

- Functional appliances feel big and bulky to start with and can take up to 7-14 days to get used to. The more you wear them the quicker you will adjust.
- The muscles around your jaw may feel tender for 3-5 days at the start of treatment. If necessary, take some painkillers to ease the pain; ensure that you follow the instructions on the packet.
- Your speech will be different. Practise reading out loud with the appliance on and it will improve in a few days. You will also produce a lot of saliva and the brace may make you gag initially. This will return also to normal in a few days.
- Your brace must be worn for 22 out of 24 hours; the only time it is to be removed is when you are brushing your teeth, swimming or playing head contact sports. Try to eat with it in; this is not easy but it is possible. If worn as instructed, you will see a fantastic change in your teeth and appearance within six months.
- You are more prone to decay when you have braces, even removable ones. Ensure you brush at least twice a day and avoid sugary foods and drinks. Continue to see your general dentist for check ups.
- Do not click the brace in and out with your tongue as this will break the wire. When taking out the appliance, use your thumbs to pull it out from the back instead of pulling out the wire from the front.
- Clean your brace at least twice a day and use Retainer Brite cleaning tablets twice a week. Do not soak them in hot water.
- If the appliance breaks, use the wax to ease any discomfort. Contact the Practice for an emergency appointment.
- There is an NHS fee to replace or have a new appliance made.
- Please keep the appliance in a hard case when not wearing it to avoid damages or loss. Keep the models in a safe place as we may be able to use them in the event of breakages.

**Care Pack (including Brace Box and Retainer Brite)- £13.50**

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