

## What is a functional appliance?

It is a brace that works by holding your jaw in a different position, harnessing the energy in the muscles that work your jaws. This helps to redirect the growth potential to correct the mismatch in the position of your jaws.



## When should I wear my brace?

It will take a little time for you to adapt to the new brace and the new position of your jaw. It is important to wear your brace full-time, day and night. This will ensure the treatment is finished quicker.

We do not expect you to eat, play sport or swim whilst wearing the brace but it is important that it is worn at all other times.

If it is worn as instructed, you will see dramatic changes in your teeth and jaw position (bite) within a few months.

Please keep your brace away from pets. If it is not in your mouth ensure it lives in a box NOT a tissue as that is how they are lost.

## Getting used to your new brace

You may find that your jaw aches at first, and speaking will be more difficult. This will become easier after the first week and regular wear is the quickest way to get used to it. If you have pain, take a mild painkiller, such as paracetamol or ibuprofen, providing you are not allergic to these medicines. When taking medicines it is important to read and follow the instructions, warnings and dosage on the bottle or packet.

You may find that, initially, you take your brace out in your sleep, but this problem usually resolves itself after a few weeks.

You will also produce more saliva than normal over the first few days but, as you get used to your brace, this will gradually reduce over a few days.

## How do I clean my brace?

- The brace should be cleaned after breakfast and before you go to bed.
- Take the brace out by pulling on the clips around the back teeth.
- Clean the brace with your toothbrush and toothpaste that contains fluoride. Then brush your teeth and gums.
- When you are satisfied the teeth, gums and brace are clean, put the brace back into your mouth.
- Look in the mirror to check your teeth and gums are clean and no areas have been missed.
- After all meals, rinse your brace and mouth.
- Avoid eating sticky sweets, as these can damage the brace

## How often will I need to come back to the orthodontic department?

Your brace will need adjusting approximately every 6 - 10 weeks. You should not go for long periods between appointments without the brace being checked.

## Do I still have to see my own dentist during treatment?

Yes, it is your responsibility to visit your own dentist for regular check-ups throughout your orthodontic treatment.

## What happens if I lose my appliance or it breaks?

If your brace is broken or you are unable to wear it, please make a repair appointment as soon as possible.

It is time-consuming and expensive to manufacture braces. A charge, which is clearly displayed in the department, will be made if the brace is damaged or lost.

## Routine queries/cancelling or changing appointments

**Tel: 01342 414141**

If you need to change an appointment, please let us know as soon as possible so that we may give your appointment to someone else. A new appointment will then be discussed and agreed with you.

We will make every effort to avoid changing your appointment, but we regret that occasionally, this happens due to unavoidable circumstances.

## Orthodontic emergencies/additional queries

Please contact us as soon as possible if you become worried about your brace or have any other questions or concerns.

## Maxillofacial and Orthodontics Unit (Main Outpatients)

**Tel: 01342 414419 or 414304**

Monday to Friday  
8.30am – 4.30pm

## Functional Appliance

## Maxillofacial and Orthodontics Unit

Please ask if you would like this leaflet in larger print or a different format.

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