

Wearing a functional appliance brace during treatment to improve your bite

Orthodontics & Restorative Dentistry

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Information for Patients

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Introduction

You have been advised to wear a functional brace. This brace is usually provided to pull your upper front teeth back and to help bring your lower front teeth forward. It can also help to use the growth available of your lower jaw. It works best whilst the patient is growing.

Wearing the brace

It is normally worn all the time except for sports and you can take it out to clean it. **Do not wear** your brace

- when playing sports
- when swimming
- during certain school activities like singing or language lessons.

For it to work best, it is advised that you wear it whilst sleeping.

How long will you be asked to wear it?

This depends on how well you wear the brace. If it is worn full time then it can take about 12 to 18 months. If it is not worn as instructed, then progress can be very slow.

Taking care of your brace

The brace should be kept in a small strong box when not in the mouth so that it does not get damaged. If it is lost or broken, then this will increase treatment time. If it is repeatedly lost or broken, then you may not get a replacement and your treatment will be stopped.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

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To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

During brace wear, you need to avoid certain hard, chewy and sticky foods such as sweets, toffees and chewing gum.

Do not keep taking the brace out or play with it unnecessarily as this will cause the brace to break. If the brace is broken do not try and wear it. Phone the department and make an appointment to let us examine the brace as soon as possible.

Cleaning the brace

- Clean your teeth and brace with your toothbrush and a fluoride toothpaste in the morning and last thing at night. You must rinse the brace under cold water to remove any debris and then brush it using toothpaste.
- Remove your brace when cleaning your teeth.
- If possible take a small toothbrush with you during the day to clean the brace while you are out.
- Use a **fluoride mouth rinse** 2 times a day during your orthodontic treatment.
- To remove more stubborn marks on the brace you can use a brace cleaning agent such as Retainer Brite.

Side effects

When you start to wear the brace, it will feel bulky and will be uncomfortable. However after a few days with full time wear, the brace will start to feel comfortable.

Headaches and pain around the jaw are very common for the first few days whilst you are getting used to it. If you have this, you can take some painkillers.

Eating will be difficult for a few days whilst you are getting used to it. You may want to eat soft foods such as mashed potatoes and soup until it starts to feel more comfortable.

Your speech will be affected but this will get better within a few days and your speech will return to normal if it worn as asked.

What if I cannot get used to it?

Your orthodontist will discuss all the treatment options with you that may include stopping treatment, removing teeth or considering jaw surgery after age 18.

Appointments

Please make sure that you have a further orthodontic appointment. If you are not able to come to an appointment, please let the Department know as soon as possible. Missed appointments will make the orthodontic treatment take longer and may cause the treatment to be ended before it is completed.



Please remember you must continue your regular check-ups with your Dentist throughout your orthodontic treatment.

Contact details:

Department of Orthodontics and Restorative Dentistry

Glenfield Hospital, Groby Road, LE3 9QP

0116 250 2648

Monday to Friday 8am to 5pm

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

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