

ADVICE SHEET

# FUNCTIONAL



**WEAR  
SIDE  
ORTHODONTIC  
CENTRE**

## **Instructions to patients wearing functional appliances**

You have now had your functional appliances fitted. This advice sheet provides you with important information to allow you to wear and care for your braces well in order for your treatment to progress as smoothly and quickly as possible.

**Please wear your braces full time, only removing them for eating cleaning and if necessary, contact sports and swimming. This brace is ineffective if not worn full time.**

- Over the first few days you may experience the following problems:
  - - Altered speech
  - - Discomfort affecting the muscles surrounding your jaws
  - - Increased salivary flow
  - - A habit of removing your braces in your sleep
  - - Irritation and/or ulceration in areas covered by the brace  
Please be assured that problems of this nature are quite normal and will usually resolve, however if you are concerned that problems are persistent, please do not hesitate to contact the Practice.

**When your braces are not in your mouth please keep them safe in a secure container, a large sized brace box may be purchased at reception**

**Please note that lost badly damaged or braces which are ill fitting due to poor wear carry an NHS charge of £89.77 per brace to replace, this would be payable by the patient/guardian in all circumstances.**

- Clean your braces using a clean toothbrush or nailbrush cool water, we also recommend twice weekly use of a product called retainer brite which is a disinfectant especially for braces. You can buy this from reception.

- Do not use hot water or toothpaste to clean your braces as this will damage the plastic.
- Keep your teeth and gums clean and healthy during and after your orthodontic treatment.
- Attend the practice regularly to have your braces checked at the interval recommended by your clinician.
- Contact us if you have any concerns but please be aware that we may not be able to offer additional appointments if your problem is non urgent in nature.

*Please do your best to follow this advice. If you do, results with these braces can be fantastic and give you a smile to be proud of.*