

INSTRUCTIONS FOR FUNCTIONAL APPLIANCES

HOW DOES IT WORK?

The brace fits over top and bottom teeth and may be in one piece or two pieces which work together.

When in place it postures the jaw so that your front teeth meet more normally.

You should wear the braces 24 hours a day, gradually build up the hours to 24 hours by the first week. It is not uncommon to get some discomfort from the appliance at first, so you may want to take a painkiller. It holds your lower jaw forwards and straightens your teeth by "muscle power". The screw on the upper plate may have to be turned once a week, on the same day each week please check with your orthodontist.

You will have some difficulty in speaking at first but you will soon get used to the brace being in your mouth. Take it out only for cleaning, brushing your teeth, games and swimming. Please place the appliance in a safe place when it is not in your mouth. You can buy brace boxes for storing them in. The functional appliance can break very easily and are expensive to replace. You will be charged for any replacement appliances by the Scottish Dental Health Board.

Wear your brace all the time including meal times and at nights. It is important to keep your mouth very clean. Brush your teeth, gums and palate after every meal. Brush the brace at least twice a day.

Please purchase:

- A** Box – for placing appliance in if it is removed from mouth at any point because invariably people lose it otherwise.
- B** Retainer Brite – For cleaning the brace.

If your plate rubs inside the mouth, please ask the Practice for some wax. To apply the wax, you should take out the plate, dry the part of the metal that is rubbing, break off a small amount of wax and roll it into a ball, then wrap the wax around the part of the brace that is rubbing. This should act as a cushion between the brace and the gum.

We will assess your progress each visit but **continue to have regular check-ups with your dentist.**

'HOW LONG WILL IT TAKE?'

6-9 months for the functional brace. At least a further 2 years for the fixed brace if you need one.

CHARGES FOR MISSED APPOINTMENTS

Patients who fail to attend appointments will be charged. See reception staff for fee. Please give 24hrs notice if cancelling an appointment. Thank you for your co-operation.

IMPORTANT

Please make sure you attend your own dentist for regular 6 monthly check ups during the treatment. Any problems please phone us immediately on the number below.

If you have any questions or concerns regarding treatment, please ask to speak to the Orthodontist.

Please see patient information leaflets on the BOS website for additional downloading information