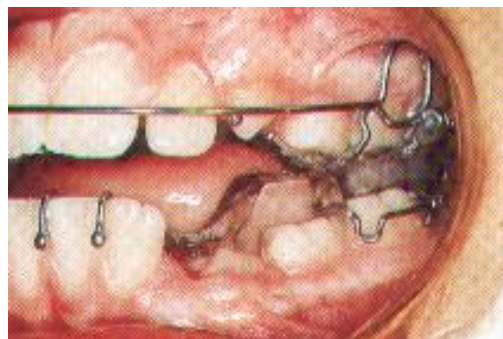


Functional braces are a removable type brace. These are usually in two parts (depending on which type you have). They are designed to help move teeth and jaws to hide protruding teeth. It is important that both parts are worn full time. One part will not work without the other.



Are they painful?

In general, these types of braces are not painful, although they can feel a little awkward, as they can be a little bulky.

However, because they are holding your jaws in an unnatural position, you may find that your jaw muscles can ache a little. If this happens, take whatever painkillers you would take for a headache (**Do not take more than is advised**). Do not remove the braces otherwise they will only ache the same when you start to wear them again.

Can I eat with them in?

Your orthodontist will tell you if you will be expected to wear them whilst you eat. It is possible to do so **with some types only**. If you are not sure – ask your orthodontist. However, do not eat sweets or chewing gum **at all** with this type of brace, and avoid sugary and fizzy drinks (even diet varieties).

How do I keep them clean?

Keep them clean by brushing them with a little toothpaste on your toothbrush. Use cool water. **Never use boiling water.**

How long will treatment take?

Usually these braces need to be worn for 6-9 months. It can take less or more time, depending on how severe the problem is. It will usually be followed by a course of treatment involving fixed braces.

Other important points about your braces

- Remove them for contact sports.
- Always store them in a retainer box when they are not being worn.
- You will need regular appointments to keep an eye on your progress (usually every 8 weeks or so).
- Continue to visit your dentist regularly for 'Check Ups' throughout your Orthodontic treatment
- If you cannot wear the braces, there may be no alternative and you will have to accept your teeth as they are.

If you have any problems and you are unable to wear them, contact your orthodontist as soon as possible on:- 01633 – 234516.

Notes _____

