



Live naturally.  
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Functional Appliances

**Congratulations...You have taken the first step towards your new smile, which you should be very proud of!**

## What is a functional appliance?

A functional appliance is a removable brace that alters the posture of the lower jaw causing the stretch of the soft tissues producing a combination of tooth and jaw changes.

## How much do I need to wear the brace?

This brace will only work if worn FULL TIME.

## Will it be uncomfortable?

It is likely that your teeth will be tender for 3-5 days each time the brace is adjusted. It may take a few days to get used to this. If necessary, painkillers such as the ones you normally take for headaches may help (always read the instructions).

If possible do not stop wearing the brace or else you will have to go through the 3-5 days of discomfort all over again.

## Can I eat normally?

Yes! You should be able to eat normally. You will be advised on whether your brace should be left in or out of the mouth whilst eating. For your orthodontic treatment to work well and in the shortest possible time it is important to look after your teeth and brace.

## Oral Hygiene

Brush your teeth 3 times a day with an electric toothbrush for at least 3 minutes using a fluoride toothpaste

Use a daily alcohol free fluoride mouthwash at least 20 min AFTER brushing

Make sure your gums are nice and healthy by brushing them at the same time as brushing your teeth.

## How else will it affect me?

Your speech may be different over the course of treatment. Practice speaking with the brace in place e.g. read out loud at home on your own. This way your speech will return to normal in a couple of days. You may experience extra saliva. This is normal and will pass quickly.

## How long does treatment take?

This varies depending on the severity of the case. Failed, cancelled appointments and repeated breakages of the brace will increase the length of treatment time.

## Can I remove the brace?

The brace you are now wearing is removable but should only be removed for cleaning, eating and contact sports.

When it is not in your mouth, it must be in its protective case labelled with your name.

Do not click the brace in and out with your tongue as this will break the wires and increase treatment time.

## Keeping your brace clean

Take the brace out to clean your teeth. You should gently brush the brace with a small amount of toothpaste, taking care not to damage the wires. Failure to keep your teeth and brace clean will lead to permanent markings on your teeth.

## How often will I need an appointment?

You will need regular appointments during which the brace will be adjusted.

## What if I play contact sports?

You should wear a gum shield instead of your brace. When not in the mouth the brace should be in a protective case labelled with your name.

## What if my brace breaks or gets lost?

Please call the Practice immediately. You will need to attend this emergency appointment for us to assess the damage.

Please note: there will be a charge for the repair or replacement of your brace.

## Do I still need to see my regular dentist?

Yes. It is important you still have checkups and hygiene (every 3-6 months) with your regular dentist throughout the treatment. Your