

FUNCTIONAL APPLIANCE INSTRUCTIONS

- 1) Your appliance should be worn all day and all night, unless otherwise instructed by your Orthodontist. Do not wear it for cleaning, language lessons and sports and swimming. During this time, it should be kept in a secure box. You should be wearing this brace for at least 22 hours per day.
- 2) After each meal and before going to bed the appliance should be removed from your mouth, rinsed under the tap and cleaned with a wet toothbrush. You should also clean your own teeth at the same time.
- 3) Clean the brace daily using a specialised brace cleaning agent such as Retainer Brite.
- 4) Sweets and chewing gum in particular should be avoided while you are receiving orthodontic treatment.
- 5) After the appliance is first fitted your teeth may feel a little tender. This tenderness should disappear after a day or two. However, if the tenderness continues, contact the practice by telephone to arrange an earlier appointment.
- 6) Some patients experience slight speech problems. This is a common occurrence and normally lasts for a few days only.
- 7) If the appliance cannot be worn for any reason, or becomes bent or broken, contact the practice on **01709 382047** to arrange an appointment as soon as possible. Do not wait until your routine appointment. If your brace is lost or broken beyond repair, you will have to pay for a replacement as the NHS will only fund one set of brace.
- 8) If the brace is not worn as instructed, it will not work and we will be forced to discontinue your treatment.
- 9) It is essential to wear the appliance as instructed and to bring your brace to every appointment. If appointments have to be changed, telephone the practice to arrange an alternative appointment.
- 10) It is essential that you maintain normal visits to your family dental practitioner for the continuation of regular dental care and routine check-ups.
- 11) This practice runs on an appointment system, therefore, if you are late attending for an appointment you may have to wait until the end of the clinic when you will be seen to check your appliance is still intact. It is therefore important that you attend on time in order to make full use of the time allocated.

Please note there will be a charge for each replacement appliance so please look after your new brace.