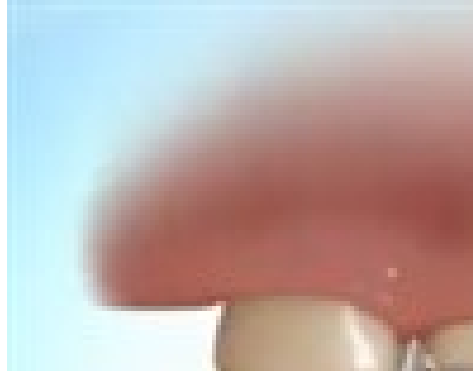


Functional Appliance



SUCCESSFUL TREATMENT DEPENDS ON YOU. INSTRUCTIONS FOR THE CORRECT WEAR

1. **Wear your braces** all the time, aim for 22 hours every day. The only exception is for contact sports, swimming and during mealtimes when it must be removed and placed in a rigid container. Don't forget to put it back in when you have finished! However, if soft foods are being consumed you may eat with the braces in.
2. **Clean your teeth and brace** with a toothbrush, 3 times a day and if you can after every meal. Clean your brace at least once every day. VITIS Effervescent cleaning tablets is recommended to clean your brace 3 times per week. On alternate days use a weak solution of liquid soap and cold water. Use a fluoride mouth wash daily. If your teeth are not kept clean, damage will occur.
3. **Contact us** without delay if your brace **hurts** or **rubs**, becomes **loose**, **breaks** or is **lost**. We will be happy to provide advice and if required book an appointment. There will be a charge for any replacement needed.
4. **General Dental Care-** Continue to visit your own dentist for routine check-up appointments.
5. **Discomfort** following the initial fitting of your brace may be eased with a mild anti-inflammatory such as ibuprofen if appropriate or paracetamol.
6. **Maintain** a lip seal - keep your lips together as much as possible with the braces in and always try to make sure you are pushing your lower jaw forward i.e. the lower block is in front of the upper block and not on top of each other.
7. **Expansion** is sometimes needed in the upper and you will be provided with a special key to turn the screw. Please keep this key safe, if you lose it you can use a paperclip or please ask us for a new one ASAP. You will be given instructions on when and how to turn the key. Always turn in the direction of the arrow.
8. **Initially** your speech will be affected and you may develop a lisp, this will subside the more your appliance is worn. You may find you over or under salivate, drinking more water will help you adapt more quickly.
9. **Lost or wobbly baby teeth** can affect the fit of your appliance, please contact us asap if this occurs

Now it is up to you! Braces are a commitment. They need to be maintained properly in order to get the best result. Follow our instructions above and those given in the surgery.

BREAKAGES PROLONG TREATMENT

We are here to help, should you have any questions please contact us or visit our website.