



Care Instructions for Functional Appliances

You are now the proud wearer of a removable functional appliance. As the name suggests it is removable, but should be worn all the time even including eating and only removed for cleaning. The appliances are made from plastic and wires and are designed to move the teeth and jaws in a certain direction. It is very important that you look after your appliances very carefully and do not break the plastic or wires. You will notice that the appliance is in two parts. They are designed to hold the lower jaw forward. This moves the lower jaw forward a little and, at the same time pulls the upper front teeth back, therefore you must always wear both upper and lower appliances together. To close your teeth and lips whilst wearing your appliance you must now move your lower jaw forward.

Diet

You now have to take extra care with the types of food and drink you consume as you must wear this appliance when eating and drinking. Try to eat just 3 meals a day. Avoid acid containing drinks at all times and all sugar between meals, otherwise you will get permanent marks on your teeth. Sugar and acid can be hidden in foods so read the labels. Any fizzy or tangy drinks contain acid. We also recommend not having fruit juice as they are very high in sugar and acid. Hard foods must not be bitten into, but cut into small pieces and eaten on the back teeth. Sticky foods, e.g. toffee, chewing gum, etc. are banned, as anything sticky will damage the appliance.

Cleaning

It is now extremely important that you keep your teeth and appliance spotlessly clean, on both sides. Use a normal adult size medium toothbrush to remove all food and plaque from the teeth and appliance at least twice a day (an electric toothbrush is also acceptable if you prefer). Disclosing tablets are a useful way of checking if your brushing technique is good enough, these can be bought from chemists.

Aches and Pains

For the first few days your jaw muscles may ache, as the teeth have not been asked to move before! A painkiller eg a paracetamol can be taken if this is unbearable. Occasionally part of the appliance may rub the inside of your mouth causing soreness, this will normally disappear after a day or two, however if it continues please contact the clinic so that we can adjust the appliance.

You will find the way you speak and eat will be different at first. This will naturally return to normal after a few days **provided you do not give up wearing the appliance full time.**

Appointments

Your appliance needs to be adjusted regularly, usually about every 8-10 weeks. **Please ensure you keep all appointments given to you (please note that all appointments are likely to be in school hours).** If you are unable to attend any appointment please contact the clinic.

Headgear, Elastics and Screws

It may be that you will be asked to turn a screw on your upper appliance. It is very important that you follow the instructions of your orthodontist precisely during this time.

Problems/Queries

The braces can be broken easily if they are left out of the mouth, so wear the appliances at all times except for cleaning and contact sports (when a gum shield should be worn). You must never put the braces in your pocket or wrap them in a tissue. If you are unable to wear the appliance for any length of time please store it safely in a hard plastic container.

If you experience a problem or have a query with any part of your appliance during treatment, do not wait for your next appointment, contact the clinic immediately (01329 284419). You will then be advised on what to do and an appointment made if appropriate. Please note that if you lose or break the appliance you may be asked to pay for its' replacement. Call the practice as soon as possible if you break your appliances.

Most breakages can be repaired free of charge. However, if you lose or destroy your appliances NHS charges will apply for replacements.

Functional braces are classed as 2 appliances. You may be able to claim a refund under regulation 11. Please ask for further assistance.

If we find that the treatment is not progressing as planned we will stop treatment and review the next stage.

End of Treatment

When the appliance has finished its' job your orthodontist will tell you about the next stage. You may be asked to wear another removable appliance or it may be that a fixed appliance is needed.

YOUR ATTENTION IS DRAWN TO THE FOLLOWING

The attached dental appliance is a "CUSTOM-MADE DEVICE". Skill-Tech Dental Studio has manufactured this dental appliance to satisfy the attributes, characteristics, properties and features, specified on the dental appliance prescription – by the prescribing clinician – for the named patient. This dental appliance is intended for **exclusive use by this patient and conforms to the relevant essential requirements** in Annex 1 of the Council Directive 93/42/EEC 14th June 1993 Concerning Medical Devices, enacted in the United Kingdom by the Medical Devices Regulations SI 1994 No 3017.

It is very important that you carry on with routine dental check-ups fillings etc with your general dentist every six months whilst undergoing orthodontic treatment.

BDA Good Practice
Member