

The Orthodontic Practice

Smile with Confidence



INSTRUCTIONS FOR PATIENTS WEARING A FUNCTIONAL APPLIANCE

GETTING USED TO YOUR BRACE

Your new appliance has been designed to hold the lower jaw in a slightly forwards position to improve the way the upper and lower jaws meet.

At first your appliance may be uncomfortable and make speaking difficult, but this will only last for a few days.

Your appliance needs to be worn for a minimum of 14 hours a day for it to work. This usually means putting it in when you get home from school and wearing it throughout the evening and night.

Wearing the appliance for more than 14 hours will speed up your treatment e.g. extra hours at weekends and during holidays.

CLEANING

It is important to keep your appliance and teeth clean. Clean your appliance with cold water at the same time as you brush your teeth with a toothbrush and fluoride toothpaste.

At every visit the orthodontist should be able to measure the improvement in your teeth provided that you have worn the appliance as instructed.

PROBLEMS

If the appliance is broken, continue to wear it if at all possible and contact the surgery as soon as possible. Do not trouble your own dentist if at all possible.

If you find you are unable to insert or wear the appliance ring the surgery as soon as possible.

IF YOU MISS AN APPOINTMENT

Contact us as soon as possible as your appliance usually needs adjusting at regular intervals and unsupervised wear can seriously damage your teeth.

LOST APPLIANCES

A charge will be made to replace a lost appliance.

DENTAL TREATMENT

Go to your own dentist for regular check-ups and routine treatment.

84 Rodney Street, Liverpool, L1 9AR

T: 0151 709 1980 F: 0151 709 2405 E: info@theorthodonticpractice.co.uk W: www.theorthodonticpractice.co.uk