

Functional appliances: frequently asked questions

Should I wear my braces all the time?

Yes, you will be expected to wear the brace full time with the exception of sport and removing the brace for cleaning. During these times it should be stored in a sturdy box.

Will it be painful?

Most patients experience some discomfort over the first 36 hours after the brace has been fitted. This may need mild painkillers such as paracetamol, which is available in tablet or dispersible form. It is important to follow the instructions on the packaging with regard to dosage. In a small number of cases the pain may last as long as 4 days.

Can I eat normally?

You will be advised by your orthodontist whether you should be able to eat with the brace in. If you have been asked to remove it for mealtimes, please store it in a sturdy box for this period. You can have what you normally eat for meals. However:

1. You should avoid eating between meals.
2. Avoid sweets, toffees, chewing gum, peppermints and chocolate bars.
3. Avoid all fizzy drinks, fruit squashes and cordials.

This includes a ban on diet, low calorie and sugar free drinks.

How should I keep my teeth and brace clean?

After each meal, including lunch at school:

1. Remove the brace.
2. Brush your teeth.
3. Brush the brace with soap, water and a toothbrush.
4. Put the brace back in.

Is there anything I should remember to do before I go to bed?

Yes. Brush your teeth and brace thoroughly with your normal toothbrush and fluoride toothpaste then replace the functional brace.

Should I continue to see my dentist for check-ups?

Yes. It is important to keep your regular appointments with your dentist.

What shall I do if the brace breaks?

Contact the Dental Service as soon as reasonable on 0333 405 0290.