

Do I still need to see my regular dentist?

Yes. It will be important you still have check-ups with your regular dentist throughout orthodontic treatment so that your teeth can be checked for decay.

Look after your braces!

Although your treatment is being paid for by the NHS, it is important for you to know that they will not pay for repairs to the brace or for a replacement in the event of you losing it.

The cost of repairs/replacement is charged to you. The current cost of replacement is **£84.70 per appliance** (*subject to change*) and is payable **before** the replacement brace is fitted.

If you have any problems with the brace, whether it becomes loose, does not seem to fit well, is lost or broken or if there is anything that you are unsure of, please do not hesitate to contact us.

Your Orthodontic Team

Your Orthodontist is:

Orthodontic sessions are on Tuesdays, however, your Orthodontist usually works once a month at our Practice.

If you would like to speak to someone about any aspect of your orthodontic treatment you can speak to the nurse experienced in working with orthodontics:

Alternatively any other member of the Practice team may be able to give you advice.

Please call:

0191 5262589

If you would like a large print version or a translation of this leaflet in a foreign language, please ask a member of staff.



HETTON DENTAL PRACTICE

Orthodontic Treatment

Functional Appliance

A guide for patients

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What is a Functional Appliance?

A functional appliance is a removable brace that works on both upper and lower teeth at the same time.

How long do I need to wear the brace?

The length of time you will need to wear the brace will depend on how well you can tolerate it. The more you wear it on a daily basis, the quicker the treatment will be.

Can I eat with my functional appliance in place?

You may not be able to eat with your functional appliance in place. You will be advised about this. If you are told to remove the appliance for eating then it should be stored in a hard plastic box whilst you are eating and placed back in the mouth as soon as you are finished.

If you are advised to eat with your appliance in place then you must avoid anything hard or chewy to prevent the brace from being damaged. You should avoid the following:

- fizzy drinks (including diet drinks) and excessive amounts of fruit juice and flavoured water.
- Hard and chewy foods including boiled sweets, toffees, chewing gum, corn on the cob, apples, crusty bread etc.

Will it be painful?

It is most likely to be painful for the first few days after having the appliance fitted or adjusted. Sticking to a soft diet and taking pain relief you would normally take for a headache may help. If you get an obvious point in the mouth where the brace is rubbing the gums and causing ulceration, ring to book an appointment with your orthodontist. If possible try and wear the brace until your appointment to avoid the teeth moving back again.

How do I brush my teeth?

You need to take extra care brushing your teeth when you have a brace. You need to brush at least morning and night and if possible after eating to remove any food left in your mouth. You should use a fluoride toothpaste and avoid rinsing out after brushing. You should also gently brush your brace when brushing your teeth to remove any plaque that has built up or trapped food.

We also ask that you use a fluoride mouthwash once a day (at a separate time to brushing) to give added fluoride protection to your teeth.



How long will treatment take?

This can vary according to how severe your case is. Most of the work with this brace is usually completed in about 9 - 12 months. You may then have to wear the brace at nights for a while or you may progress to a second phase of treatment with a different type of brace. You will be advised about this. Failed and cancelled appointments or repeated breakages of the brace will add to the overall treatment time.

How often will I need an appointment?

You will need regular appointments during treatment for the brace to be adjusted.

What should I do if I play contact sports?

You should wear a gumshield instead of your functional appliance when you play contact sports. This will also be the case if you enjoy riding a bicycle, roller-skating or skateboarding. When not in your mouth the brace should be in a protective box.