

A Functional Appliance is designed to move all your top teeth back and all your bottom teeth forward so they meet half way. It can be very successful but only if you commit to wearing it all the time and your jaws grow the way we want them to.

We normally use a specific type of functional appliance called a Twin Block. This is the most efficient and comfortable type of appliance. You can wear it at all times and it gives freedom of movement in your mouth.



Your teeth may start like this ↑ and change to this ↓:



Your new twin block will be carefully made to fit your mouth exactly and to move your teeth as quickly as possible. You can do a great deal to help by following these simple rules:

WHEN TO WEAR You must wear your twin block at all times including meal times. This will allow the treatment to be successful and finish quickly.

The brace only works when it is worn. When you leave it out the teeth slip back.



GETTING USED TO YOUR TWIN-BLOCK

1. At first your brace will feel very big in your mouth. Do not give up!
2. For the first couple of hours there will be more saliva in your mouth and swallowing will seem awkward.
3. You will speak with a lisp for the first few days. Try to speak as much as possible and it will soon improve.
4. The brace encourages you to bite differently. This may make your mouth and jaws ache for a few days. If necessary take painkillers that you would normally take.
5. Eating will be difficult for a few days. Cut your food into smaller pieces and choose easier foods to eat and swallow. You will become used to the brace soon and be able to eat most of the things you did before.

AVOID sticky and hard foods, especially toffee, boiled sweets and chewing gum as these damage the brace and your teeth.

DO NOT CLICK your brace up and down in your mouth. This action will loosen the brace and break the clips that hold it in place

Sugar, in sweets and drinks should be avoided. Sugar causes decay and with a brace in your mouth decay is more likely to happen.

CLEANING Keep your teeth clean to prevent tooth decay and gum disease by using a fluoride toothpaste. Take out your brace after meals to clean teeth, gums and brace. The brace can be cleaned with your toothbrush and water.

PROBLEMS

- © **Broken brace:** If the brace is broken or is hurting, **telephone** the practice as quickly as possible during **normal** surgery hours. You will receive advice about what to do. Sometimes it is possible to continue wearing if it is only cracked but do not put small broken pieces in your mouth.
- © **Ulcers:** If the brace causes ulcers keep wearing it and they may settle. If it continues to cause them 'phone the practice for advice.

MISSED APPOINTMENTS If you fail to attend your treatment will take longer and the result will not be as good. Your brace needs to be adjusted and checked regularly, please contact the surgery as early as possible if you are unable to attend. The receptionist will happily rebook an appointment if it is inconvenient. **A charge will be made for missed appointments or appointments cancelled at less than 24hrs notice.**

LOST BRACES If you loose your brace a charge will be made for its replacement. This is a **NATIONAL HEALTH SERVICE** charge and is approximately £95. The practice cannot remake your brace unless this money is paid in full. You may receive a full or partial refund from **Forth Valley Health Board**. This is entirely at their discretion.

Functional Appliances



18 Meeks Road
Falkirk
FK2 7ES
01324 621130

41Dumbarton Road
Stirling
FK8 2QJ
01786 475997

www.centralortho.co.uk

CONTINUE TO VISIT YOUR OWN DENTIST FOR ROUTINE DENTAL CARE WHILE YOUR ORTHODONTIC TREATMENT IS IN PROGRESS

