

Your functional appliance is designed to begin work quickly. The following information will help you achieve the best quality result whilst ensuring your treatment time is not prolonged.

It will take you about 4-5 days to adjust to wearing your brace. When you are not wearing your appliance keep it safe in a protective box. If you experience any problems contact your practice for an appointment as soon as possible, whilst trying to continue to wear your appliance in the meantime.

Clean your appliance with a toothbrush and water but do not use toothpaste which will make the appliance dull and discoloured. Your appliance can be freshened up by using a special cleaner such as "Retainer Brite". This is available for sale in your Total Orthodontics practice.

Your progress will be assessed regularly by your orthodontist, but it is important that you still see your dentist for regular check-ups.

Lost appliances or appliances damaged beyond repair may incur professional fees.

With Twin Block Appliances

Your functional appliance is made up of two removable braces. To be effective both blocks need to be worn together at all times. Ensure the lower jaw is postured forwards and closed so that the bite blocks engage.

Wear your appliance all day and night and during meals if instructed, only removing it for tooth brushing, contact sports and swimming. If you have additional headgear this must be worn throughout the night and when indoors as instructed.

If there's a screw in the middle of the upper brace this must only be turned as instructed by your orthodontist.

Avoid clicking the brace in and out repeatedly as it weakens the brace which will break thus prolonging treatment.

With an Activator

When wearing your appliance the lower jaw should be postured forwards and closed around the brace. The brace is designed to be worn all day and night, only removing it for tooth brushing, contact sports, swimming and meal times.

