



# Braces and instruments

Information to care for  
you and your braces

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# Braces and Playing Instruments

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At first you may find that your brace affects your ability to play your wind instrument. However, with practice and motivation you should soon be hitting those high notes.

## Before your brace is fitted?

Before you start orthodontic treatment find out what type of brace you will need, and talk to your orthodontist about the instrument you play. If you are having a new brace fitted try to arrange this at a time when you don't have any important performances.

## Functional Braces?

Functional braces and removable braces can be taken out of your mouth whilst you play your wind instrument. It's a good idea to let your orthodontist know how many hours you practice each day, because leaving your brace out for long periods of time may affect your treatment.

## Fixed braces

Treatment with fixed braces can affect your ability to play a wind instrument, but it is very unlikely that this will last for more than a few months.

## Woodwind players

If you play a woodwind instrument you will probably adjust to playing with your brace on very quickly. Your playing is likely to return to normal within a few weeks.

## Brass players

If you play a brass instrument you may have problems playing high notes when your brace is first fitted. Don't worry though, your playing is likely to return to normal within a few months.

Because the mouthpiece of a brass instrument is pressed against the lips, some players find that the inside of their mouth can become sore whilst they are playing.

You could ask your music teacher if your mouthpiece can be changed for a larger one, which may help to spread the load more evenly over your lips. You can also try using some brace wax to protect your lips and cheeks whilst you are playing.

Wind instrument players sometimes get a dry mouth while practising or performing. It is best to drink water if your mouth is feeling dry. Fizzy drinks and sugary drinks can all damage your teeth whilst you are wearing a fixed brace.

If you have teeth removed as part of your treatment,

it may be a good idea to stop playing your instrument until your mouth has fully healed.

When your orthodontic treatment is finished and your brace is removed it will probably take a little while to get used to playing without a brace.

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**For more information on how to keep your smile looking its best visit our website [totalorthodontics.co.uk](http://totalorthodontics.co.uk).**

