PARK LANE ORTHODONTICS

EMBRACING YOUR FUTURE SMILE

Care of Your Functional Brace

The success of your treatment depends on wearing this brace to the absolute maximum. It is to be worn at all times, including eating, sleeping and going to school. Your brace should only be removed for cleaning, swimming or contact sports. For more information please also see advice page for **removable braces.**

1. Wear the appliance for a few hours a day initially but you should be wearing it full-time after one week.
2. Practice reading aloud with the brace in place.
3. Your jaws may ache a little at the start but this will improve. You may take some paracetamol or Ibuprofen to relieve discomfort if necessary.
4. Keep the brace in its box when you are not wearing it. Brush both your brace and your teeth after every meal.
5. Try to remember to keep your mouth closed as much as possible so that the action of the brace is continuous.
6. If the brace breaks or is uncomfortable, **try to keep wearing it** and telephone (0118) 9411628.

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