

## Functional Appliances

Apparent prominence of the upper teeth can be due as much to a retruded lower jaw as to protruding upper front teeth.



## How do they work?

These removable braces are designed to hold the lower jaw forwards. This moves the lower jaw forward a little and, at the same time, pulls the upper front teeth back. **Clever!**



## A Twin-block Functional appliance

This method has advantages because the teeth of both jaws are moved at the same time.

In addition, if the lower jaw can be advanced, even a little, then the upper teeth do not have to be pulled back so far. This helps to produce the best possible facial appearance by helping to avoid over-retraction of the upper front teeth.

## Wear

Orthodontists differ in their approach to this. Some suggest full –time wear from day one. Others advocate gradual introduction. Some insist on wearing to eat, whilst others don't. Basically, follow the instructions you are given, and remember..

**The more you wear it, the quicker it works.**

## Discomfort

You may experience some discomfort for a few days. If necessary take the correct dose of pain-killer.

**(Always read the instructions on the packet and never take any medicines without discussing with your parent or guardian).**

## Stick with it!

Some perseverance and patience is required when becoming accustomed to the appliance.

**Don't expect this to be easy!**

However, good wear produces good movement. This should average about **1 millimetre per month**. Therefore, if your teeth protrude by ten millimetres, they should be fully retracted in about ten months.

## Appliance care

When you remove your brace always place it in a rigid plastic container. You can purchase these from reception.



**Never wrap it in tissue, as you may forget it is there and throw it away.**



## Cleaning your appliance

Before replacing the appliance in your mouth, clean it under running water with a tooth brush.



## Functional Appliances...

😊 Treat the teeth of both jaws and help to avoid over-retraction of the upper front teeth.

😊 Work quickly if worn well.

😊 Should not be worn for sport.

😊 Are not easy to wear. (To begin with)

😊 Fall out at night if not worn very much during the day.



## Remember...

To help you get used to wearing the appliance and to gain confidence whilst wearing it, practice reading aloud to yourself in bed at night. This will help to make yourself understood!



Clean the appliance with a toothbrush (don't use toothpaste) twice a day. When not wearing the appliance (such as for sport) place the appliance in a rigid plastic container.



Remember to keep regular check-ups with your own dentist.



If your appliance causes persistent discomfort, or if it breaks, please contact the practice for an earlier appointment.

MATTERSON  
BILTCLIFFE  
VARLEY  
TUZIO

DENTAL  
SURGEONS

Ewood House Dental Surgery

## Functional Orthodontic Appliances

Information leaflet

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