Your Removable or Functional Brace
Information for patients, relatives and carers

ℹ️ For more information, please contact:

Department of Orthodontics
The York Hospital
Wigginton Road
York, YO31 8HE
Tel: 01904 631313

Scarborough Hospital
Woodlands Drive
Scarborough, YO12 6QL
Tel: 01723 368111

Caring with pride
Your orthodontist has now given you your removable/functional brace. This brace has been made especially for you, but it may feel strange and uncomfortable for the first few days. Sometimes the brace can make you talk with a lisp. This is completely normal and the brace will feel better in one to two weeks. The more you talk with the brace in, the quicker speech becomes normal again.

**What can I do to help my treatment?**

- **Wear your brace as instructed**

  Your orthodontist will tell you how often to wear your brace. Usually they will ask you to wear your brace all the time and only take it out for tooth brushing. The brace only works if it is in your mouth!
- **Keep your brace and teeth clean**
  
  Food will get stuck in your brace. Take out your brace after every meal and brush your teeth and your brace with a toothbrush and fluoride toothpaste as well as in the morning and the evening.

  You can occasionally soak your brace in Retainer Brite, Sterident® or diluted Milton’s solution, but brushing your brace regularly with a toothbrush is important.

- **Keep your brace safe**
  
  Dogs love to chew braces! The brace will not fit your mouth after this has happened.

  The safest place for your brace is in your mouth or in the box that your orthodontist has given you.

  If you wear a gum shield for contact sports, take out your brace and keep it safe in the box. Remember to put your brace back in afterwards!
● **Take care of your brace!**

If you break, lose or cannot wear your brace, call the orthodontic department on York 01904 726 408 or Scarborough 01723 342082 and leave a message.

Braces are very expensive to make. Sometimes a brace can be repaired, but if your orthodontist has to make a new brace there will be a charge for this. We might need to take new impressions (moulds) of your teeth!

● **Keep seeing your dentist for regular check ups**

Your orthodontist is checking your brace. Your dentist still checks the health of your teeth so you should keep seeing them regularly. They may want to see you more often or prescribe you high fluoride toothpaste.
Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact your orthodontist.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.
Providing care together in York, Scarborough, Bridlington, Malton, Selby and Easingwold communities

Please telephone or email if you require this information in a different language or format

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Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail
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