

Functional braces

This type of brace is usually used in patients who are still growing. It uses the forces from the muscles of your face to move the teeth. It is most commonly used in patients whose top teeth stick out in relation to their lower teeth.

They are usually removable however for them to work they need to be worn all the time. The only time they should be out of the mouth is for tooth brushing, swimming or if you play contact sports.

At first they can be difficult to eat in but once you are used to wearing them then you should eat in them, this is also when they will be working their hardest to improve your bite.

What do they look like?

There are lots of different types of functional appliance. We will pick the type that will work best for your individual problem. The most commonly used is shown in Fig 1



Fig 1. Twin-block functional brace

This consists of a top and bottom removable brace that will hold your bottom teeth in a forward position.

How long will I wear them for?

This depends on your individual bite but most patients need to wear them for between 6-12 months. Once this phase of treatment is complete most patients will then go on to have fixed braces and then retainers. For more information on these follow these links:

See - [Fixed braces](#)

[Retainers](#)

How do I look after them?

The most important thing to remember is that they should be worn all the time except for when brushing your teeth. If they are being worn properly then they rarely break. For further information on caring for your functional brace see - [How to look after your brace](#)