

## **More Frequent Asked Questions**

### **Can I play a musical instrument with braces?**

Yes, you can. Wind instruments such as the saxophone and clarinet have mouthpieces that do not come into contact with your braces. The same applies to instruments like the oboe and bassoon.

If you play the flute, you may feel some discomfort, but most people adjust very quickly.

As for brass instruments, because they require mouthpiece pressure, your lips will be pressed between the mouthpiece and your braces. However, with time, most people adjust by playing with less pressure and more air control and breath support.

Sometimes lingual braces are a good alternative to normal braces as they go behind the teeth and do not affect the playing of musical instruments as much as normal braces.

### **Do braces hurt?**

The process of putting braces on does not hurt at all. A few hours after the braces are placed, it is normal to experience some pain and discomfort as your teeth and mouth start adjusting to the braces. This pain and discomfort can last for a few days and then usually resolves. Simple painkillers such as the ones that you would normally take for a headache can be taken to reduce the pain. Your Orthodontist will also advise you of other ways to reduce the discomfort such as using orthodontic wax and eating soft foods.

### **Will I need teeth extracted for braces?**

Orthodontic treatment is always tailored to fit your needs, and everyone's treatment needs are unique. There are always certain cases that require the extraction of teeth to create space to align the teeth and improve the bite. Your Orthodontist will only suggest extractions if they are absolutely necessary for the success of your orthodontic treatment.

### **Do you make mouthguards?**

No, we do not make custom-made mouthguards but we recommend some 'off the shelf' mouthguards that you can buy from sport shops

### **Can I transfer to another Orthodontist if I move interstate?**

If you need to transfer your orthodontic care to another Orthodontist where you are moving to, we will provide you with all the transfer documentation necessary for the subsequent Orthodontist to take over your orthodontic care.

We will close your account with us. Sometimes, you may be eligible for a refund and sometimes some amount may be owing before you transfer.