

Find out more:

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Musicians & Braces

Anxious that having braces fitted
may affect your playing?
Read our top tips!



Specialist Orthodontist and keen musician Dr Guy Deeming has put together his top tips to ensure achieving a great smile with a fixed brace doesn't get in the way of your playing!

- **Talk to your orthodontist** – we are here to help. Orthodontic treatment is not about making your life difficult or spoiling what you enjoy. When planned well it should fit in with your lifestyle and hobbies with minimum fuss – there is more to life than straight teeth (although they are a bonus!)
- **Which instruments can cause problems?** - small mouthpiece brass (French horn, trumpet/cornet) players along with flautists have the most challenges to overcome. Some people find using a bigger mouthpiece a worthwhile change e.g. moving from a 7c to 1c trumpet mouthpiece. Speak to your teacher and your local instrument shop and try some different options.
- **Timing** – be prepared! DON'T start treatment before exams, recitals or big performances. Best-case scenario is that it will take a number of weeks for your embasure to recover – but it will.
- **Expect to have to modify your technique** – be wary of putting too much pressure on the mouthpiece (never a good thing as your teacher will tell you), adapting your technique like this may even improve your playing in the long term.

- **Have a 'trial' brace** – it is sometimes possible to place a small 'sectional' brace on the front teeth for a few weeks to see how you cope – this can then easily be removed or progress into full treatment if you get on well.
- **Remember treatment stops as well as starts** – you will have to adapt at the end of treatment too.
- **Use wax and protectors** – there are now a multitude of waxes and silicone products to put over the brace to protect the lips and teeth from being sore – these can work really well but you may need to try a few varieties to find the one that works best for you
- **Drink plenty of water as your mouth will get dry** – steer clear of sugar based drinks as they will do permanent damage to the tooth enamel.
- **What else can be done?** – consider Invisalign®, a system of removable clear aligners and a fantastic way to have orthodontics and allow playing to continue relatively unchanged. As well as being removable with no metal components or wires Invisalign® is also virtually invisible!
- **Do your research** - find out about other people's experiences – visit www.queenswayorthodontics.co.uk to read our blog!