Article Summary

*Other (1)*

**Citation**: *Playing with Braces*. Flute Explorer, Jan 2000, p 9.

**Article Title**: *Playing with Braces*

**Author**: unknown

**INSTRUMENT**: Flute

**Magazine or Journal Title**: Flute Explorer

**Summary:**

1. One of the hardest adjustments to make is playing the flute with braces.
2. At first, there will be pain in the mouth, especially between the front teeth and lips.
   1. Gums may also be sore for a few days.
3. Whenever the braces are tightened, there will be pain and discomfort.
4. This may require the player to pull their upper lip down even further to cover all the equipment and to form the correct embouchure.
5. If braces are worn on the upper and lower teeth, it may be necessary to change the placement of the mouthpiece on the mouth.
6. If a player has been playing awhile before they had their braces put on, and had already established a good, clear tone, the tone may begin to sound unclear.
7. There is a lot of experimenting that should be done to figure out the best possible embouchure and the best tone that can still be produced with the braces.