



**ORTHODONTICS**

*straight teeth. fast.*

[www.danaortho.com](http://www.danaortho.com)

## **ORTHOPEDIC APPLIANCES INSTRUCTIONS**

Your orthopedic appliance(s) are an important part of your overall orthopedic treatment. They will only work if you do the following steps:

### **ALWAYS WEAR APPLIANCE(S)**

Wear your appliance(s) 24 hours each day, every day. They are removed only while cleaning your teeth and appliances. They must be in the mouth always!

### **EAT WITH APPLIANCE(S)**

Eat everything with your appliances in the mouth. This may be difficult for the first few meals. Eat soft foods. In addition, take small bites and chew slowly. With each meal you will find it easier and easier to eat with your appliances in the mouth.

### **CLEAN TEETH AND APPLIANCE(S)**

After eating anything, remove them and brush your teeth. Place additional toothpaste on the brush and clean your appliance thoroughly. This must be done each and every time you eat anything. If you have a cemented appliance, brush thoroughly on top of appliance and around the bands.

### **ACTIVATING YOUR APPLIANCE(S)**

After one to two weeks of getting used to your appliance(s) you will be given a schedule as to when your appliance will be activated (turned). Besides eating with your appliance(s) in the mouth, turning them when prescribed is crucial to their success. It is your responsibility to remember when you are to turn your appliance. We will give you a reminder card showing when to turn. The dental assistant will instruct you as to how you will activate the appliance(s) with the key.

### **APPLIANCE(S) UPKEEP AND MISHAPS**

If your appliance becomes loose, a wire or piece of plastic breaks, you misplace your key, lose the appliance, or you develop a sore on the tissue under the appliance, call the office immediately so we can advise you as to what to do.

### **NOTE:**

Please be aware that during orthopedic development, there may be times when portions of your bite may actually become worse before an improvement occurs. Common examples include spaces between teeth and the “opening” of your bite in the front or back. When these things happen, it is natural to wonder if your treatment is going in the right direction. You can be assured that on each visit we thoroughly check to make sure that everything is as it should be. If not, we will alter your treatment.

### **KEYS TO SUCCESS**

1. Your appliance is always in your mouth.
2. Eat everything with the appliance in your mouth.
3. Keep your appliance clean.
4. Remember to turn your appliance on schedule.
5. Come to your scheduled appointment so that we may check your progress.