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## **SAGITTAL & TRANSVERSE APPLIANCE INSTRUCTIONS**

### WHEN TO WEAR

Wear appliance all the time (all day and all night).

### WHEN NOT TO WEAR

The only times you should remove an appliance are:

1. when eating.
2. when cleaning.
3. during heavy contact sports or when there is danger you might swallow it.  
(Examples: football, swimming)

### THREE RULES IF YOU MUST TAKE IT OUT

1. **DO NOT** wrap it in a napkin—it will get thrown away.
2. **DO NOT** put it in your pocket—it is sure to get broken.
3. **DO NOT** leave it out—dogs think they are delicious.

The only safe places for your appliance are in your mouth, your hand (while cleaning), or in the case provided. Make sure your name and phone number are on the case. **ORTHODONTIC APPLIANCES ARE EXPENSIVE.** This appliance is custom made for each patient. The appliance is included in the treatment fee. If the appliance is lost or broken, though, a charge is made.

**THE SAFEST PLACE IS IN YOUR MOUTH!**

### ACTIVATION

This is done with the key (which is kept at home). Activate each appliance screw \_\_\_\_\_ turn every \_\_\_\_\_ days.

### OTHER ADJUSTMENTS

Soreness of certain teeth is quite common during the first few days. This tenderness will then disappear. If it continues beyond three days or if irritation of the gums, cheeks, lips or tongue persists, phone us for an appointment.

### CLEANING

The appliance should be brushed thoroughly after each meal with water and toothpaste and then rinsed. Once a week soak the appliance for twenty minutes in a sterilizing solution made up of 6 oz. water, 1 tsp. Chlorox, and 2 tsp. Calgon (SPA BATH). After soaking, rinse appliance with water and then mouthwash.

### ADVANTAGES

Your appliance will begin to work within a few weeks. A major reason this appliance is so efficient is that it is working almost 24 hours per day. It cannot work, though, when it is out of your mouth. With good appliance wear, you will be amazed as you see the changes in the mirror.

### WHAT TO DO NEXT

1. Put your name and phone number on your appliance case.
2. Put your key in a safe place.