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ORTHOPEDIC APPLIANCE INSTRUCTIONS

WHEN TO WEAR

This orthodontic appliance should be worn at all times except:

1. When eating
2. When brushing your teeth
3. When engaging in active sports

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.

ACTIVATION

This is done with the key (which is kept at home). Activate each appliance screw ____ turn every ____ days. Each time you activate the screw, note this in your progress book.

PROGRESS BOOK

Each night before going to bed, record the number of minutes that you DID NOT have the appliance in that day (eating, brushing, sports). Always bring your progress book and appliance to each visit.

CLEANING

The appliance should be brushed thoroughly after each meal using water and toothpaste. Another method of cleaning is to place the appliance in a glass of water containing an Efferdent or Polident tablet. This should be done during the dinner meal so as not to lose any effective wearing time.

SPEECH

Practice talking with your teeth together. More rapid treatment results if talking is done with the teeth together in the appliance. During the first few days, you may have a slight difficulty with your speech. You will be able to speak well after three or four days. After a short while, the excessive salivation will go away.

HOW IT WORKS

Each time you move your jaws, swallow, or talk, you activate the appliance which exerts gentle pressure on the teeth and dental arches. The orthodontic appliance should fit loosely in your mouth. This looseness helps to encourage you to close your jaws together in the new position.

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. For every minute it is out of the mouth, you lose 8 minutes of effective wearing time. With good appliance wear, you will be amazed as you see the changes in the mirror.

WHAT TO DO NEXT

- Put your name and phone number on your appliance case and in your progress book.
- Get some Efferdent or Polident at the grocery or drugstore.
- Put your key on your dresser top in a safe place.
- Put the phone sticker on your phone and call us if you have questions.