

## THE WEAR AND CARE OF YOUR APPLIANCE

Wearing your appliance properly, and caring for the appliance, is important to your orthodontic treatment. In order to correct the alignment of your teeth with the appliance you must follow these guidelines:

### 1) WEARING THE APPLIANCE

You must wear the appliance as instructed. Typically, a person must wear their appliance every day for 24 hours. This means that you must have the appliance in place at all times, except when eating, brushing, and when involved in contact sports. You must not use these exceptions as excuses to leave your appliance out for prolonged periods of time. To insert the appliance, you should observe the following instructions:

- a) place the upper appliance against the roof of your mouth, with the front wire in front of your teeth
- b) press into the centre of the roof of your mouth, with your thumb, until the appliance snaps into place
- c) move the spring behind the tooth with your fingernail, if it gets caught outside the tooth

To remove the appliances, you should observe the following instructions:

- a) hook the nails of your index fingers on the wires at the back of the upper appliance, on either side
- b) gently pry the wires down until the appliance is loose, and remove

If mishandled, the appliance will become loose and may fail to move your teeth into proper position. Please follow these important guidelines:

- a) **NEVER** bite the appliance into place as this will bend the wires and crack the plastic
- b) **NEVER** flick the appliance with your tongue as this will bend the wires
- c) **NEVER** boil the appliance to clean it, or allow it to be heated in any way
- d) **NEVER** allow any one to handle your appliance, and keep them away from children and pets
- e) **ALWAYS** have the appliance in your mouth or in the protective box

### 2) CARING FOR THE APPLIANCE

Aside from wearing and handling it properly, the appliance requires little attention. You may clean them with your toothbrush and a little toothpaste each night before you go to sleep. Please carry the protective box with you if you are likely to remove the appliance while away from home. It is easy to leave the appliance somewhere, or discard it in a napkin at a restaurant. The appliance should only be in one of two places - in your mouth or in the box. Write your name and telephone number on the box label so someone may return your appliance if you lose it. If you do lose it, **CALL THE OFFICE IMMEDIATELY**. If you have any concerns or problems, PLEASE CALL! Even if you call when the office is closed, you can leave a message. You must bring your appliance with you to each appointment.

We are available to help you with any concern. Our goal is to move your teeth into the best alignment possible. Please call the office if you have any questions or concerns.