

PLEASE KEEP YOUR TEETH CLEAN. BRUSH THREE TIMES A DAY IF POSSIBLE.

Avoid hard foods and sticky foods, for example, caramels, taffy, peanut brittle, popcorn, nuts, corn on the cob, hard candy, hard edges of pizza crust and bread, frozen candy bars, chewing gum and ice.

If you eat carrots, apples or hard french bread cut or break the food into small pieces and be very careful.

Bad habits like nail biting, nervous picking at your wires, unnatural tongue thrusting, chewing on pencils, etc. also break your appliances.

If your appliance is removable, keep it clean by brushing the appliance and rinse with clear water. Carefully put your appliance back in your mouth. Don't wrap it in a napkin, it will get thrown away! Don't put it in your pocket, it will get broken or washed! Don't leave it out, dogs think they are delicious! The safest place is in your mouth.

Don't flip your appliance with your tongue.

Damaged appliances always mean extra appointments, inconvenience and extended treatment time, so please follow these instructions faithfully. If your appliance does break, please call us for an appointment.

Keep your lips together and breathe through your nose. This will help your appliance function properly.

Your mouth may feel unusually full, speaking will be awkward, and you may have a little more saliva than normal. A little practice will make you comfortable.

After a few days of wear, start eating with the appliance in the mouth. There will be initial difficulty and frustration, but will subside in about a week. Try taking 5 bites of food the 1st day, slowly chewing each bite. Then take out the appliance and finish the meal. Each additional day, add 5 more bites of food. It should take about a week and you should be able to eat without difficulty.

At first, do not eat with the appliance in the mouth at school until you have mastered eating with the appliance in. Once you have mastered eating with it in, the appliance should be worn 24/7 except to brush your teeth and clean your appliance and then place it back in immediately. *This appliance should be worn 24/7.*