

## CROSSBITE APPLIANCE

### What does it do?

A normal bite is one in which the upper front teeth fit slightly outside the lower teeth.

A crossbite is when the upper teeth get locked behind the lower teeth. The acrylic pads on this appliance cover the biting surface of all the back teeth which prevent the upper and lower teeth from full closing, providing space to allow the teeth to move freely out of crossbite.

### What does my appliance look like?

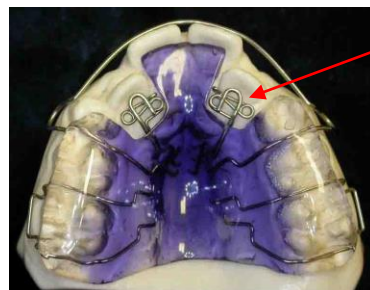
- It resembles a retainer but has little springs attached that apply force to the teeth that are in crossbite.
- There is acrylic pads that cover the biting surface of all the back teeth and custom bent wires placed on the appliance for retention.

### How long will I wear the appliance?

- This appliance is to be worn **at all times** except when eating, brushing, swimming and playing contact sports, unless otherwise instructed by your orthodontist.
- Treatment length will vary with each individual case and complexity. Your orthodontist will keep you informed as to your progress.

### What are my responsibilities for a successful treatment?

- It is normal for your teeth to feel sore for a few days and after each adjustment. You may take an anti-inflammatory (Ibuprofen) as needed to help you adjust.
- Avoid any hard, sticky foods or food high in sugar while appliance is in place.
- Please handle all parts of your appliance with care to avoid damage or breakage.
- It is important that you clean your teeth and appliance thoroughly after eating. To do so, hold the appliance in the palm of your hand and gently scrub with a toothbrush/toothpaste. Rinse with **COOL** water (never **HOT**) to avoid distortion.
- **Always** use the case provided to store and protect your appliance when not in your mouth. Never wrap appliance in Kleenex or place it in your pocket.
- Keep out of reach of pets. They love to chew them!
- Please contact our office should your appliance become bent, excessively loose, breaks or if it is lost.
- Please bring your appliance to every appointment.



Springs