

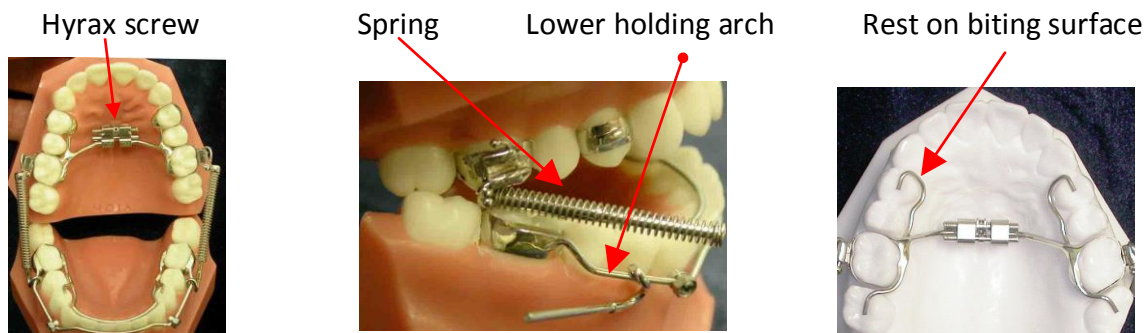
CROSSBOW APPLIANCE

What does it do?

This appliance corrects the overjet in children and adolescents by posturing the lower jaw forward when biting together. There is typically upper jaw expansion required as well. It is more effective than other removable types of appliances as it is working all the time.

What does my appliance look like?

- This appliance consists of a cemented expansion appliance (hyrax) on the upper teeth and a cemented appliance (holding arch) on the lower teeth.
- Springs are attached on the cheek side of the lower holding arch and are connected to the attachment on the upper molar band. The springs may be placed at a later date once the patient has adjusted to the appliances.



How long will I wear the appliance?

- This appliance is cemented in place so it will remain in the mouth at all times.
- 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.
- You may experience some tissue discomfort. The cheeks and the inside of the lower lip may become sore from the coil rubbing. You will be given cotton rolls to place in between the lower lip and the coil to relieve discomfort. **DO NOT SLEEP** with cotton rolls in place!
- At first, it will probably feel awkward to chew and bite down with the appliance. The springs on the crossbow are only guides to teach your jaw where to bite. Your bite will adjust as time progresses and you will become more accustomed to your new appliance. **Be patient**- it takes a couple of weeks to feel comfortable with a new appliance.
- Avoid opening your mouth too wide as the rod and spring of the appliance may come apart. If they do, you may try to reconnect them by opening as wide as you can, then insert the rod back into the spring. If unsuccessful, please contact the office immediately.

- We recommend that you eat softer foods for the first few days and avoid any hard, sticky foods and food high in sugar while appliance is in place.
- It is important that you clean your teeth and appliance thoroughly after eating including all bands, coil springs and all metal parts.
- Check your bands, coil springs and appliance daily to make sure it is still cemented in place and nothing has come loose.
- **It is very important that we see you at least every six weeks** so your orthodontist can monitor your progress. If you miss your regularly scheduled appointment, make sure to schedule another appointment very soon.
- Please contact our office should your appliance become bent, loose, breaks or it is lost.