

HALTERMAN APPLIANCE

What does it do?

Your appliance has been designed to correct improper placement of your erupting molars.

What does my appliance look like?

- There is a plastic pad that rests on the roof of the mouth attached to bands. This secures the Halterman in place and provides a framework for the elastic attachment to your molar.
- A small button will be attached to your tooth. An elastic will be placed from the hook at the back of the appliance to the button on the tooth. This will aid in correcting and uprighting your tooth position.
- This elastic will be replaced at each appointment (every few weeks).

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.
- Avoid any hard, sticky foods or 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 and plastic pad on the roof of the mouth.
- Check your bands daily to make sure it is still cemented in place and nothing has come loose or your elastic has come off.
- Please contact our office should your appliance become bent, loose, breaks or if it is lost.

