

## SPACE REGAINING APPLIANCE

### What does it do?

This removable appliance is used to regain space that has been lost due to a premature loss of a tooth.

### What does my appliance look like?

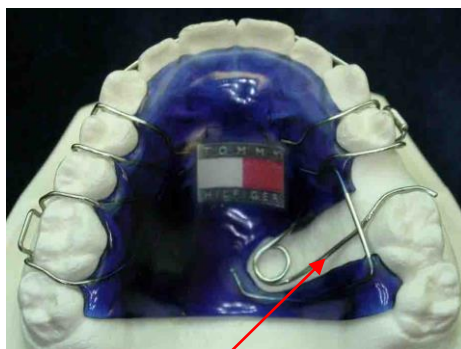
- It resembles a retainer but has a spring that applies force to the tooth that we need to move from that space.

### How long will I wear the appliance?

- This appliance is to be worn **at all times** except when eating, brushing, swimming or 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.



Spring

