

Carriere Distalizers and Retainer



What to expect

When the appliances are first placed, there may be slight difficulty with eating & speaking as your mouth adapts to the new appliance. An increase in salivary flow may also be evident. This is normal & will subside with a few days. We also provide wax you can place on any of the metal parts to help with any sores/irritation that may occur while your cheeks gets used to the appliance. Warm salt water rinses are a great way to heal those irritations!

Oral Hygiene

Brushing & flossing your teeth may be more difficult, since there are more places for food & plaque to collect.

- You should brush your teeth and any metal parts a minimum of 3-4x/day: after eating breakfast, lunch & dinner & before going to bed. You should also brush your teeth after eating snacks. Flossing should be done nightly.
 - If you cannot brush after lunch, rinse your mouth thoroughly with water & brush your teeth as soon as possible.
- You should brush your teeth for 3 minutes at a time. You can use an egg timer in the bathroom to keep track of the time which you spend brushing.
- If proper oral hygiene is not followed during treatment, you are at risk for decalcification or "White Spots."

Diet Modification:

Avoid Sticky/Chewy/Hard/Crunchy foods

Sticky/Chewy/Hard/Crunchy foods can cause damage to your appliances by breaking them or causing the metal orthodontic bands which are on the back molar teeth to become loose. Examples are as follows:

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|---------------|-------------------|------------------|-------------------------------|
| • Toffee | • GUM | • Popcorn | Also avoid chewing on: |
| • Taffy | • Swedish Fish | • Mints | • Mouthguards |
| • Skittles | • Sour Patch Kids | • Jolly Ranchers | • Pen caps |
| • Twizzlers | • Milk Duds | • Lollipops | • Pencils |
| • Starburst | • Tootsie Rolls | • Thick pretzels | • Fingernails |
| • Gummy Bears | • Jelly Beans | • Jawbreakers | |

Why Elastics?

Rubber bands/elastics are used to move your teeth & bite into a proper relationship & alignment with one another. They are a very important part of your orthodontic treatment. Failure to wear elastics faithfully & as recommended will result in extended treatment time & a less than ideal alignment of the teeth & bite.

When do I wear my elastics?

Elastics should be worn 24 hours a day, including while sleeping. Take them out while:

- Eating
- Brushing your teeth
- Wearing a mouthguard

Replace elastics immediately when you are done with these activities.

When do I change them?

Elastics should be changed at least once per day, we recommend placing a new pair in prior to bed. This keeps proper tension on the teeth to insure consistent movement. If your supply runs low, call the office & we will mail more elastics to you.

How do I wear my elastics?

Elastics are worn from the top appliance to the bottom metal brackets. The hooks located toward the cheek. On the top, the hook is located on the appliance pad on the canine tooth which is the first tooth the appliance is bonded to. On the bottom, the hook is located near the gum line on the metal molar bracket. Applying the elastics will get easier with practice!

How do I clean my retainer?

Always rinse your retainer in cool water when you take them out of your mouth before placing them in the retainer case.

Once a day, wash it with liquid dish soap and a washcloth. A Q-tip can also be used to get into the grooves.

Soak retainer with denture cleaning tablets (Efferdent, Polident, etc.) every 2-3 days. This can be done daily if your retainer tend to accumulate plaque quickly. Never brush your retainer with a toothbrush and toothpaste, it will scratch them and cause accumulation of plaque and bacteria even faster. Always brush your teeth before putting your retainer back in. Never eat or drink with your retainer in your mouth.

When should I wear my retainer?

Your retainer should be worn at all times. It is very important to keep all the lower teeth stabilized in place as the elastics work on your bite. You only remove your retainer to eat, drink, and brush your teeth. Be sure your retainer goes in the case whenever you remove it.

Please call if there are any further questions

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