



BeautifulSmiles.Me

Regarding your new Functional Appliance

As Dr. Jon & Dr. Dani always says,
“It’s nice to have straight teeth, but it’s even nicer to have healthy ones!!!”



Hygiene is critical

We recommend that your child brush at least 2-3 times a day and after every meal. Rinsing with diluted Listerine twice a day (morning and at bedtime) is a very good adjunct to brushing - but it is not a replacement. Additionally, rinse with fluoride at night to help protect your teeth from decay. At bedtime, ensure that your appliance is clean by brushing it with your toothbrush and toothpaste to remove any food debris. Use your sonic cleaner with a retainer or denture cleaning tablet 3-4 times a week for approximately 5-10 minutes.

This will help to keep your appliance clean and bacteria free. After your appliance is finished soaking, rinse it thoroughly prior to placing it into your mouth. Don’t forget to visit your general dentist every 6 months for regular checkups and cleaning.

As Dr. Jon & Dr. Dani always say, “The most critical aspect of successful orthodontic therapy is **Cooperation, Cooperation** and you guessed it **Cooperation!!!**”



Changes in Diet

Now that you have a new appliance in your mouth, you have to adjust what you eat and how you eat. Your appliance is not indestructible. Absolute No- No’s include items, which are extremely chewy, sticky or crunchy (caramels, fruit roll ups, pizza crust, bagels or the latest candy craze). If you think it can do harm to the appliance, then it probably will- therefore avoid it!! Items such as raw vegetables should be cut up into smaller pieces. The same goes for fruits and meats. As always, maintain a healthy and well balanced diet.

“My appliance feels weird!”

Remember, as with most new things, a period of adjustment is expected & necessary. This period of adjustment may vary from a few days to a few weeks depending upon each individual child. Some of the comments we have heard from children after they receive their appliance include “I can’t swallow”, “I can’t chew” and “I can’t talk”. Let’s take time to review each one:



“I can’t **swallow**”- Some children have a sensation that they cannot swallow. This is due to an increase of saliva that forms when a foreign object is introduced into the mouth. The brain thinks that the mouth has food in it and therefore the salivary glands begin to produce saliva. Again, it takes the body time to adjust to this new object and when it does, this new sensation will subside.

“I can’t **talk**”- The appliance can often affect the pronunciation of words in some children and they may feel that they cannot speak. There is no permanent negative effect on speech. Practice makes perfect. The more your child practices, the better they will speak.

“I can’t **chew**”- Although a challenge, the importance of wearing your appliance during eating is crucial. There are several reasons for this: During eating, the teeth come together and exert force against each other. This is very effective in activating this appliance.

If the appliance is always in the mouth, it is less likely to be LOST. We have all heard of those stories about searching through garbage cans, dumpsters, and the like in an effort to retrieve these appliances. Lost appliances result in replacement fees. Your functional appliance is quite costly (\$250). Encouragement and understanding from mom, dad and siblings is essential during this adjustment period.



Emergencies

In the event that you experience a problem, remove the appliance and place it in your retainer case in a safe place. Call the offices at (631) 754-1745 or (631) 651-8580 during regular business hours to schedule an emergency visit. If the office is closed please follow the instructions for contacting the doctors.

Additional important information

This appliance is to be worn 24 hours a day - 7 days a week - 365 days per year. The only time we recommend removal of the appliance is during oral hygiene, contact sports, swimming, and if it’s ok with mom or dad to enjoy a piece of sticky candy or gum.



Good Luck!!

