

## APPLIANCE CARE

### Fixed Appliance

1. Your appliance is to be worn full time! It is called a fixed appliance, since it is not to be removed by you.
2. The appliance is not easily broken, but it requires care. You should never pull or push the wires with your fingers or tongue. This may bend the wire and cause the teeth to move into an undesirable position. This may also cause the wires to break.
3. Clean your appliance each time you brush your teeth. The wires are quite durable, and you should scrub them thoroughly (wires and bands) at each brushing. You should continue to use dental floss while wearing your appliance.
4. **ABSOLUTELY** no eating of hard or sticky candy or chewing gum as this will pull the bands from your teeth and loosen the appliance.
5. Speaking may be difficult at first. Practice by reading out loud until you get used to it.
6. The appliance may make you salivate more than usual at first. This will stop in a few days.
7. Your teeth may be sore the first several days until you become accustomed to the pressure of the appliance. Take Tylenol or the equivalent as necessary for discomfort.
8. Important for success:
  - **Follow all instructions** - appliances that have to be re-cemented (glued) back in repeatedly or due to not following the above instructions, **may be subject to a re-cementation charge.**
  - If you have a problem, call our office at (419) 628-3380.

**REMEMBER, YOUR APPLIANCE IS SPECIAL  
AND WAS MADE JUST FOR YOU!**