

SHAMY- REMOVABLE APPLIANCE

- Designed to align the back teeth
- It **must be worn at all times** except when brushing the teeth, playing contact sports or swimming, and eating
- May notice extra saliva in your mouth, and speech may be slightly affected for the first few days
- The back teeth will not touch at the beginning due to the thickness of the plastic at the front



Important Reminders:

- It is very important that the molar springs fit comfortably between the teeth at all times
- Be sure to inform us if any spring doesn't fit securely
- Always remove the appliance before brushing the teeth
- Carefully and thoroughly brush both teeth and appliance after every meal and before bedtime
- Put some water in the sink or a towel on the counter, and brush the appliance over the water or the towel to cushion the appliance if it drops during cleaning
- To brush the appliance, hold the plastic part and brush everywhere both top and bottom
- Take care not to bend or distort the wires
- Thoroughly rinse the appliance and place it back in the mouth
- Do not use hot or boiling water to clean the appliance — use warm or cool water only
- Without proper care, the appliance will collect debris and bacteria which can lead to irritated, swollen gums, possible improper fit of the appliance, as well as an unpleasant odour
- If toothbrush is simply not available, remove the appliance, rinse the mouth with water, and rinse all loose food debris from the appliance before replacing it
- **Never wrap it in a tissue or place it in the pocket**
- Do not play with it or flip it with the tongue
- Remove it only by the clasps at the sides of the appliance as instructed

If you lose or break your appliance, or if it does not fit properly, call the office immediately and let us know that you are wearing a "**SHAMY appliance**". If a problem occurs over a week-end, or a time when our office is closed, continue to wear your appliance if you are able to, leave a message on our answering machine and we will contact you as soon as possible. If you require immediate attention you may wish to contact your family dentist, an emergency dental clinic or your hospital. Please bear in mind that you may be charged for these emergency appointments.

If you have any questions, please send an email to info@mybraceland.com