

SHAMY- REMOVABLE APPLIANCE

Your Shamy appliance is designed to align your back teeth. It **must be worn at all times** except when brushing your teeth, playing contact sports or swimming. This means that it should be worn when you are eating.

You may notice extra saliva in your mouth, and your speech may be slightly affected for the first few days. Your back teeth will not touch at the beginning due to the thickness of the plastic at the front. You will soon adjust to this provided that you wear the appliance full time as you have been instructed.

For your appliance to work properly it is very important that the molar springs fit comfortably between your teeth at all times. Be sure to inform us if any spring doesn't fit securely.

Without proper care, your 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.

- ❑ Always remove your appliance before you brush your teeth.
- ❑ Carefully and thoroughly brush both your teeth and your appliance after every meal and before bed.
- ❑ Put some water in the sink or a towel on the counter, and brush the appliance over the water or the towel. This will 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 your mouth.
- ❑ Do not use hot or boiling water to clean the appliance – use warm or cool water only.

If your toothbrush is simply not available, remove your appliance, rinse your mouth with water, and rinse all loose food debris from your appliance before replacing it.

The easiest way to prevent loss or breakage of your appliance is to keep it in your mouth! **Never wrap it in a tissue or place it in your pocket.** Do not play with it or flip it with your tongue. Remove it only by the clasps at the sides of the appliance as you have been 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.

You will be seen at regular intervals to have your appliance checked and adjusted.