

## **CARRIERE MOTION APPLIANCE**

You have received a very specialized orthodontic appliance designed to improve your bite and gain some space in your upper jaw, so that we can move your front teeth inward. The Carriere Motion Appliance consists of right and left parts that we attached to your top teeth. The appliances we placed on your bottom teeth are just as important, but have a different name. Your bottom part is either an Essix appliance with braces on your molar teeth<sup>1</sup> or a Lingual Arch<sup>2</sup>.

The Carrier Motion Appliance is securely fixed to your teeth. It should not be loose. In order to make sure your appliances remain securely attached to your teeth there are a few foods you have to avoid: sticky foods such as chewing gum, gummy bears, and hard foods such as nuts, or ice cubes. It's a good idea to cut up all other food into bite-sized pieces, and chew with your back teeth.

<sup>1</sup> Essix Appliance: a removable appliance to be worn all the time except for eating and brushing. To be cleaned before and after wearing. Never wear your elastics without your Essix.

<sup>2</sup> Lingual Arch: a non-removable appliance (like the upper Carriere).

You have also been given special orthodontic elastic bands. These elastics are the driving force that moves your teeth to their proper position. Your teeth will not move or get better if you don't wear the elastics as instructed. And these instructions are very simple: wear the elastics all day and night (24/7) except for meals and brushing. Be sure to change both elastics daily. We may modify your personal instructions if necessary.

It may take your cheeks, lips, and tongue a couple of days to get used to the feel of this new appliance. If you notice an irritated area on your cheek or tongue you may want to use some orthodontic wax to help cover part of the appliance or bands. Remember to remove the wax ball before you eat or brush your teeth.

It is important that you spend a few extra minutes brushing your teeth. It is also important that you clean above and below the wire as well as the wire itself, being careful not to push or pull on it in any way.

If you notice that anything is loose or anything is bent or broken, call our office right away and explain what the problem is so that we can arrange the appropriate appointment to fix or repair it for you. Please tell the receptionist that you are wearing a "**Carriere Appliance**" and "**Essix or Lingual Arch**". If a problem occurs over a weekend, or a time when our office is closed, continue to wear your appliance if you are able. 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. Your toothbrushing will be checked at each appointment as well. With proper care and cooperation you can expect to wear this appliance for 4-6 months.

We look forward to your appointments with us and we know that you will find it surprisingly easy to get accustomed to your new appliance.