

FUNCTIONAL APPLIANCE

Your new appliance is a highly specialized, custom-made device designed to improve jaw growth and facial balance for function and appearance.

For the first few days you will wear your appliance part-time with the daily number of hours gradually increasing until, within 4 or 5 days you will be wearing it full time. At first, your mouth will feel quite full and you may notice you have more saliva. Your speech may also be slightly affected but you will soon adjust to this provided that you wear your appliance as you have been instructed.

You will not be able to wear your appliance while you are eating, brushing your teeth, swimming or playing contact sports. During these times you must keep your appliance in the case we will provide. Never wrap it in a tissue or put it in your pocket as it could easily become lost or broken.

When you are wearing your appliance there are 3 things you must remember:

- 1) Relax your jaws and let the appliance rest in your mouth. The only time you should be biting on the plastic is when you swallow.
- 2) When you are talking, try to do so normally. You may notice that the appliance moves up and down in your mouth; this movement is normal so allow your appliance to move freely when you talk.
- 3) When you are not talking you should concentrate on keeping your lips together and breathing through your nose. This may be difficult at first but you will find that after a few days of really working at it this will come automatically to you.

When you remove your appliance to brush your teeth remember to thoroughly brush all surfaces of your appliance as well. Hold your appliance securely in your hand and use your regular toothbrush. It's not necessary to use toothpaste on your appliance but you may wish to occasionally. Thorough brushing and rinsing every time you brush your teeth should be enough to keep your appliance clean. Great care has been taken to make this appliance especially for you, now it is your turn to take good care of it.

If you develop a problem with your appliance, if it is too loose or pinching or rubbing your mouth or if you lose or break it, please call our office immediately and explain that you are wearing a **"functional 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. 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.

HELPFUL HINT:

A good way to get used to talking with your new appliance is to practice reading out loud slowly and clearly.