

Instructions for Carriere Appliance

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The Appliance that was placed today is intended to position the upper teeth and jaw towards the rear of the mouth, and the lower jaw and teeth towards the front of the mouth. It is important to remember the following:

- 1). The Carriere appliance is attached to the teeth by way of stainless steel bands which are fitted to the lower back teeth. We try different size bands on the teeth until we find the right size for each patient. These bands are then sent to our lab to fabricate the appliance. We then “glue” the device to the patients teeth using a thin layer of dental adhesive.
- 2). There will be an initial period of time during which the cheeks, tongue and teeth will adjust to the appliance.
- 2). The bite will change. This can be disconcerting at the beginning as it will take time become used to this change.
- 3). There may be difficulty eating. This generally lasts for 4-10 days. We suggest soft foods at the beginning.
- 4). There may be some initial soreness and the cheeks may appear “puffy”. Jaw discomfort may also be experienced. This is normal; however, please let your orthodontist know if this lasts longer than two weeks.
- 5). The patient may take Tylenol or Motrin (whatever they take for a headache) to alleviate discomfort.
- 6). It is important that the patient take excellent care of the teeth and gums while in treatment. Food particles and plaque can gather around the device and this may lead to cavities, white spots on the teeth and gum disease. The patient must spend extra time BRUSHING and FLOSSING to avoid these problems.
- 7). The patient should avoid foods that are sticky or chewy (chewing gum, salt water taffy, Skittles etc.) as this may cause the appliance to come loose and/or break.
- 8). The appliance is activated by elastics (rubber bands) that we will ask the patient to wear full time (except while eating). It is important to change the elastics at least two times per day. If the elastics are not worn, the appliance will not work. We will give the patient plenty of elastics. Please let us know if you need more.