

## **Instructions for Forsus/Higgins appliance**

The Appliance that was placed today is intended to position the lower jaw and teeth forward relative to the upper jaw and teeth. It is important to remember the following:

- 1). 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 has a spring that is activated by sliding a metal rod attached to the lower arch into a metal tube attached to the upper arch. If the patient opens his or her mouth too wide these two parts can become disconnected. If this were to occur, the patient may simply reinsert the metal rod into the tube. If any other part of the appliance were to come loose or break, please call our office to schedule an appointment to repair the appliance.
- 9). This appliance may or may not include an expansion appliance (called a “Hyrax” appliance) designed to widen the patients upper jaw. If this appliance has also been placed, please review the separate instructions for the “Hyrax Expander” which is specific for this appliance.