

Instructions for Screw Cetlin

The retainer that the doctor has placed today is called a Screw Cetlin. Its purpose is to push your upper back teeth toward the back of your mouth. By doing this we can create extra space for your teeth and/or compensate for a skeletal discrepancy that may exist between your upper and lower jaw. Often, we can use this device to avoid removing permanent teeth.

Turn both sides of the Screw Cetlin 1 time every other week (unless otherwise instructed by the doctor). We have provided you with a metal key that your parent will use to turn the appliance. Insert the key into the hole at the tail of the arrow and then push the key straight back from tail of the arrow toward the head of the arrow until you cannot push any further. Once the turn is complete, gently slide the key out of the hole. Repeat this procedure each time you “activate” or turn the appliance. Always activate the appliance in the same direction (from the tail of the arrow toward the head of the arrow).

Each time the Screw Cetlin is activated it expands about 1/4mm. This is about the thickness of a human hair. Over 12-24 months, these small increments of movement will add up to a full correction. It is important that you be seen by the doctor every 8-12 weeks until the movement is complete. You can expect that a space will open between your back teeth. Your teeth and gums may be sore for the next few days. If you are experiencing discomfort you may take the recommended dosage of Tylenol or Advil. Children under 12 years of age should not take aspirin. Speech and swallowing may be difficult for the first few days. Hang in there, it takes about a week, but everybody gets used to it!

The Screw Cetlin appliance is to be worn full time, however, we do request that you remove it when you are eating, playing sports, horsing around, or brushing. The appliance is made of plastic and could break in your mouth if you are not careful. When the appliance is not in your mouth, it should be in the case that we provided. Do not wrap it in a napkin (it is likely that it will inadvertently end up in the trash can). Also, keep it away from high temperatures, as it can melt. It is fragile and expensive to replace. We will have to charge you for a new one if it is lost or broken... so please take good care of your appliance. It is also important that you take very good care of your teeth and gums while in treatment. Food particles and plaque can easily gather around the Screw Cetlin retainer. Please remove your retainer and brush it every time that you brush your teeth. Poor Oral hygiene can lead to cavities, decalcifications (permanent scars on your teeth) and gum disease. We want your experience to be a healthy one, so please spend extra time brushing and flossing your teeth. Please remember to continue seeing your general dentist regularly for cleanings and examinations while in orthodontic treatment. We are a team and with your cooperation we can make your treatment a great success!