



5414 Sunrise Blvd, Ste. F
Citrus Heights, CA 95610
916-458-4358

Airway & Jaw Expansion Appliance Instructions of Care

- Your appliance must be kept clean. Rinse immediately after wearing and air dry completely
- ONLY mild soap and a soft-bristled toothbrush to clean your appliance with and be careful not to move the wires behind the front teeth too much (if applicable)
- NEVER use toothpaste or abrasives
- NEVER soak the appliance in anything (mouthwash, denture cleaners, etc) because the chemicals can cause rust under the wire
- NEVER use forced hot air, boiling water or chemicals on your appliance
- To remove buildup from calculus or hard water, ask your dental assistant to run the appliance in an ultrasonic bath at your next check.
- Always bring your appliance to every dental appointment
- NEVER attempt to adjust the appliance yourself
- Store: Out of reach of pets, Out of extreme temperatures, Use case supplied,

Using your Appliance:

Alert our office immediately if you are unable to wear the appliance as directed. We may need to schedule you for an adjustment if you are having difficulty wearing your appliance (e.g. rubbing on tissue or not seating properly) or reschedule your check-up appointment if you haven't been wearing your appliance compliantly.

To be effective, treatment must be continuous. If you have an issue with the appliance, contact us immediately for an adjustment appointment and only discontinue use if absolutely necessary (e.g. causing sores or pain).

Do not miss your scheduled check ups as the appliance must be adjusted periodically as your arches expand, otherwise the appliance won't fit properly.

Do not adjust the appliance yourself. Your appliance is built with precisely calibrated parts. If you notice anything cracked, loose or damaged, contact our office immediately.

Please don't hesitate to call us if you have questions or concerns.