



W I L L I A M R . H Y M A N , D D S , M S
O R T H O D O N T I S T

Palatal Expander

This appliance (attached with bands) widens the roof of your mouth by gently separating the elastic membrane in the center of your palate. Once the palate has been fully expanded, new bone will fill in.

Why is this sometimes necessary?

- To expand the upper jaw for proper fit with the lower jaw
- To make room for crowded teeth

How long will it take?

- It usually takes 2 to 4 weeks to achieve our expansion.
- The appliance remains in place for 4-8 months to allow new bone to fill in.

Will I feel it moving?

- You will sense some initial pressure, causing a tingling or itch under your appliance.
- A tingling sensation may occur on the bridge of your nose.
- A space may develop between your two front teeth. The space will close once we stop expanding the appliance.
- Speaking will take a day or so to return to normal and eating will also take some getting use to. Swallowing will feel funny for an hour or two.

What should I do during the expansion period?

- Use your toothbrush and toothpaste to keep the expander clean.
- Gargle with Listerine to keep food from getting stuck under the expander.
- Do not chew gum or other sticky gooey food. It will stick to the expander.
- Take Advil for any discomfort.

How is the expander activated?

- You or one of your parents must activate the expander for it to work
- Activate the expander twice a day (once in the morning and once in the evening). Unless we direct you otherwise
- Insert the Key carefully into the hole in the middle front part of the expander
- Push the Key gently and steadily from the front toward the back of your mouth. Do not back up! Remember-push the key toward the back of the throat. A new hole will automatically rotate into position and will be ready for the next activation



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Foods to Avoid

Please use the following foods as a more detailed example of Foods To Avoid

**Toast, crust and especially pizza crust. Please cut your slice of pizza before biting into it.
Bagels and all French breads, including submarine sandwiches**

Hard tacos: only soft tacos please

**Apple pears peaches and raw vegetables of any type should be cut up into small, bite sized
pieces. Chew on the back teeth. Never bite directly into them**

Cookies of all types. Please break them into small pieces and chew them carefully.

Cereal. Be careful with that morning bowl of cereal. Small spoonfuls!

Fried chicken, please cut any meat off the bone, rather than biting into the hard crunchy skin.

No ice chewing or fingernail biting. Also pen cap chewing can break your appliances.

**Anything chewy or sticky or gooey. Bubble gum, caramels, gummy bears “Now and Laters” are
absolute no-no’s**

**Soda’s are high in sugar and very acidic. They are bad even without braces but even worse when
you wear braces.**

**Be careful to brush after eating anything high in sugar content. Your braces attract and hold
cavity causing sugars like a magnet.**

Remember:

**The better you take care of your braces and teeth, the faster the braces will work, the sooner
your teeth will be straight and the treatment will be over.**

**The cleaner your teeth are, the healthier your teeth and gums will be, the less discomfort you
will have with braces.**

Good Luck, with a little effort your journey to a beautiful smile will be a great experience.



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FRD'S (FORSUS)

This appliance is used to adjust the bite and promote growth of the lower jaw. The appliance has some important advantages over headgear, such as cosmetics, safety, and comfort. But, your FRD's must be treated properly. They are expensive and are not indestructible. We are certain that you will find that the benefits of the FRD's are well worth the extra care necessary to ensure that they work correctly. With good care they should be in place for 4-8 months

Here are some instructions that will help you keep your FRD's in good shape so that we can fix your bite as quickly as possible.

- Teeth may become sore when the FRD's are first placed in the mouth. This soreness should be gone in a few days. Advil may help with any initial discomfort.
- If they are chewed on they will break. Call the office immediately if you notice any loose braces or if the FRD's break We will get you in to fix anything that is wrong as soon as possible.
- FRD's may also be broken if they are bent with fingers.
- Keep away from hard objects like ice or pens.
- If you open too wide the FRD's may come apart. Call our office as soon as possible so we can fix them.
- Keep the FRD'S clean by brushing them with your toothbrush and toothpaste.

Good luck with your FRD's, You are well on your way to a beautiful smile!



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Retainer Instructions

(after braces)

Congratulations! You have a beautiful smile! We are looking forward to working with you during this final and very important phase of your orthodontic treatment.

Please remember that your cooperation with our instructions and your ongoing visits with us are of the utmost importance so that we can maintain your beautiful smile.

Here are the instructions that will help you and us to keep you smiling:

- Wear your appliance 24 hours a day unless otherwise instructed. This is very important. You should remove it only to brush your teeth and your appliance. (Appliances get lost or broken when they are left on lunch trays, wrapped in paper napkins, stuffed in your pocket, etc.) Repairs or replacement of a lost or broken retainer will be an additional expense to you.
- Please do not put you appliance in hot water or leave it in a hot car. The acrylic will distort
- Please do not chew anything sticky like gum, caramels, etc. They will stick to the acrylic.
- Please do not leave your appliance where it will be stepped on or chewed on by a dog or cat.
- To remove: Pull on the side clasps. Do not pull on the front wire.
- To insert: make sure the front wire is over your front teeth, then push on the sides to make sure it is in place.
- Please wear your retainer for each office visit.

Cleaning instructions:

Use a denture brush to brush your appliances with toothpaste & rinse with cool water.

Also: soak appliances 2-3 times a month in 1 part vinegar to 1 part water & brush your appliances with baking soda & water to keep them fresh.

Please Note: You may experience a little discomfort for a few days while your teeth begin to settle. Speech will be difficult at first. Be patient. You will also experience some extra saliva for a day or 2. This is normal.

It is very important that you follow these instructions so that we can maintain your beautiful smile.

Last but not least-**THANK YOU** for being our patient.



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Retainer Instructions

(after 1 year)

Congratulations! It has been a year since we removed your braces. You no longer have to make appointments with us. But it is very important that you continue to wear your retainers.

We will never tell you to stop wearing your appliances completely!

As you age your teeth will move in reaction to the wear and tear of grinding, clenching, and chewing. Most people lose some bone support around the teeth. The facial muscles and soft tissue will thin and tighten. All of these factors will have a tendency to move your teeth

Continuing to wear your retainers will help support the teeth. So, slowly reduce the number of nights that you wear the retainers from 7 nights a week to 6 nights a week, then 5 nights a week. When you reach 1 night a week, that is where we draw the line. Try to wear the retainers at least 1 night a week.

If the retainers start to feel “tight” or hurt when you put them on, that is the sign that you need to wear them more often.

If anything does not look right or feel right, please give us a call and make an appointment to see Dr. Hyman so we can assess the situation.

Until then, enjoy your smile and the benefits of straight teeth .

And THANK YOU for being our patient.

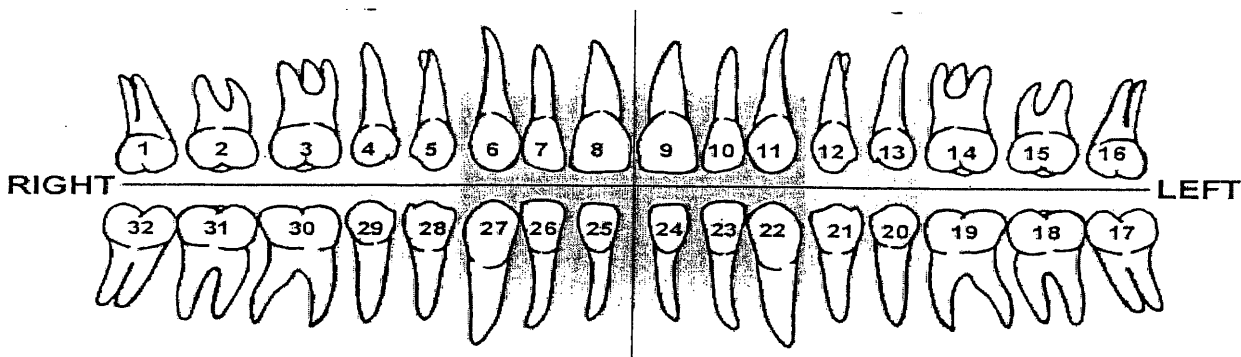
Elastics (rubber bands)

Why?

Elastics are an essential part of your treatment. They are used to adjust the lower teeth to the upper teeth. Without the elastics we can not complete the correction of your bite.

How?

- Wear the elastics 24 hours a day. Take them off only to brush your teeth and to change the elastics. We even want you to wear them while you eat.
- Replace your elastics with new elastics at least 3 times a day. Carry 1 pack of elastics with you so you can change them throughout the day. Put one pack in a safe place as a back-up. If you lose or run out of elastics call our office and ask for more. Even if it is almost time for your next appointment, come in early so you can get more.
- Place them on as indicated below: Type: _____



What to expect

You teeth will get sore. Advil or Tylenol can help with the initial discomfort. Keep going it will get better. If any bands come loose call us immediately so we can fix it as soon as possible.

Remember

The more you wear the elastics, the faster the bite will correct and the faster the braces will work. We can not correct your bite without you wearing the elastics. Wear them 24/7 and you will be on your way to the beautiful smile you desire.

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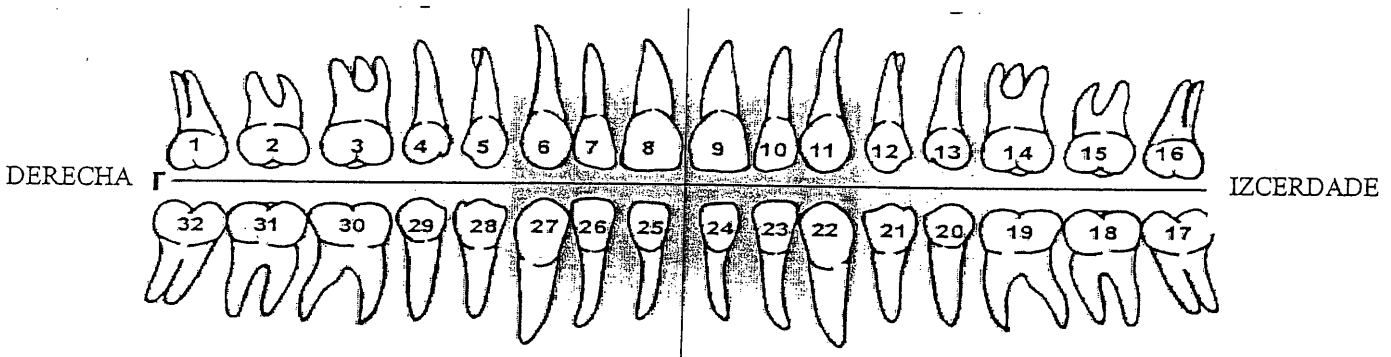
Elásticos (ligas)

¿Por qué?

Los elásticos son una parte esencial de nuestro tratamiento. Se utilizan para acoplar los dientes inferiores con los dientes superiores. Sin los elásticos no podemos terminar de corregir tu mordida.

¿Cómo?

- Usa los elásticos 24 horas al día. Sólo quítatelos para lavarte los dientes o cuando vayas a cambiar los elásticos. Inclusive queremos que los uses cuando comes.
- Cambia tus elásticos por unos nuevos por lo menos tres veces al día. Lleva contigo un paquete para que puedas cambiarlos durante el día. Coloca un paquete en un lugar seguro como respaldo. Si pierdes o se terminan los elásticos llama a nuestro consultorio y pide más. Aún cuando ya casi sea la fecha de tu próxima cita, ven antes para que puedas conseguirlos.
- Colócalos como se indica a continuación: Tipo: _____



¿Qué esperar?

Sentirás malestar en los dientes. El Advil o el Tylenol pueden ayudar a aliviar la incomodidad inicial. Sigue adelante porque esto mejorará. Si alguna banda se suelta llámanos inmediatamente para que podamos arreglarla lo más pronto que se pueda.

Recuerda

Entre más uses los elásticos, la mordida se corregirá más pronto y los frenos funcionarán más rápidamente. No podemos corregir tu mordida si no usas los elásticos. Úsalos 24 horas al día, los siete días de la semana y estarás en camino para lograr la hermosa sonrisa que deseas tener.