

## Wearing the Forsus Appliance

Today a special spring appliance has been installed onto your braces to help move your teeth to the correct position, reducing the need for you to have extractions of permanent teeth. It works around-the-clock, using continuous gentle forces to provide as efficient a treatment time as possible.



In order to ensure that your experience wearing the Forsus appliance is as efficient and trouble-free as possible, the following information is being provided for you review.

### **Will it be difficult to talk if I'm wearing a FORSUS appliance?**

Some people may have a little difficulty speaking clearly at first. Patients discover, however, that their speech quickly returns to normal.

### **Will wearing the FORSUS appliance be uncomfortable?**

Every orthodontic appliance takes some getting used to. Some patients briefly experience discomfort or mouth irritation. Typically, the discomfort goes away within a few days. Should the irritation persist or a large mouth sore develop, please call the office.

### **How far can I open my mouth while wearing the appliance?**

The Forsus appliance will accommodate normal mouth opening for eating and speaking. It is recommended, however, that you try not to open your mouth extremely wide while you are wearing your appliance. If you do, the appliance may become deformed and can actually loosen a molar band. Also, the spring and the rod may separate if you open too wide. If this happens, compress the spring with your fingers and insert the rod into the spring opening with your other hand to reassemble the appliance – just as you were shown. If you cannot reassemble the appliance please call the office.

### **What should I remember when I eat?**

Always be careful about what you eat. Avoid hard or sticky foods and remember to cut your food into smaller pieces than you would normally eat. The appliance is designed to stay away from your teeth when you open and close your mouth. If, for some reason, it gets between your teeth, do not bite on it. Biting on the appliance may deform or break it, or cause injury to the inside of your mouth. Please call the office if this problem occurs.

### **What should I remember when I brush my teeth?**

It's very important to brush your teeth after every meal and before bedtime (4 times/day). But don't brush too hard. You don't want to dislodge or separate the appliance.

**Please Remember:** The Forsus appliance is designed to withstand normal intraoral forces and the constant use that can lead to breakage. But like all orthodontic appliances, it can be damaged or broken, especially if appropriate care is not taken.

Thank you for your cooperation.

Dr. Dugas and the iSmile Team

