1. **PURPOSE:** The appliance is designed to move the top front teeth out.

2. **COOPERATION:** Faithful wearing of the appliance is essential to obtaining good tooth movement.

3. **WHEN SHOULD IT BE WORN?** Wear your sagittal appliance at all times, including when eating and sleeping. Remove it only for cleaning and toothbrushing. Failure to wear consistently results in poor tooth movement and slippage of the plate below the front teeth. Failure to eat with the appliance will result in the appliance fitting tighter and tighter, until it will not fit at all.

4. **HOW SHOULD YOU INSERT IT AND REMOVE IT?** Your sagittal should be gently inserted and seated in place with your fingers. Biting down to seat the appliance is a frequent cause of breakage. Habitually flipping with the tongue weakens and distorts it.

5. **GETTING USED TO YOUR APPLIANCE:** Eating and talking may be slightly difficult for the first few days. Initially, softer foods will be easier to eat than chewy or hard foods. With a little practice, speech and chewing should be normal in a few days.

6. **CLEANING:** Remove your appliance immediately after meals or snacks and rinse it off. Whenever possible, brush your teeth and gums after eating. Each night before bed, remove your appliance and scrub it with toothpaste and toothbrush. Hold your appliance in the palm of your hand and gently scrub. *Efferdent* or *Polident* can also be used for cleaning. *NEVER* place your appliance in hot water.

7. **DISCOMFORT:** Soreness of certain teeth is common initially and will disappear shortly.

8. **CAUTION—AVOID LOSS OR DAMAGE:** If your appliance is lost or damaged, please call our office at once. Loss or breakage should be avoided; there is a replacement fee. *The safest place for the appliance is in your mouth.* Don’t leave it lying around where brothers or sisters, or pets, can find and damage it. Appliances wrapped in facial tissue or napkins are often thrown out, especially at school lunch time. Don’t put the unprotected appliance in your pocket.

9. **ACTIVATION:** After about two weeks, the orthodontist will give you instructions to begin activating the appliance. Do not activate the appliance for the first two weeks.

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**SAGITTAL APPLIANCE**

**INSTRUCTIONS**