



ORTHODONTICS FOR CHILDREN & ADULTS

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HOLDING PLATE APPLIANCE

TODAY YOU WERE GIVEN A PLASTIC APPLIANCE TO HELP MAINTAIN THE EXPANSION THAT WAS RECENTLY DONE. IT WILL STAY IN PLACE BY THE SUCTION CREATED WITH YOUR SALIVA. YOU ARE TO WEAR THIS APPLIANCE AT NIGHT.

YOU SHOULD CLEAN YOUR TEETH WITH THE PLATE OUT OF YOUR MOUTH AND THEN CLEAN THE PLATE WITH YOUR TOOTHBRUSH AND COOL WATER.

YOU WILL WEAR THIS APPLIANCE FOR APPROXIMATELY FOUR MONTHS.

PLEASE MAKE SURE YOU WEAR THE APPLIANCE EVERY DAY. ONE DAY OUT OF THE MOUTH MAY RESULT IN YOUR APPLIANCE NOT FITTING ANY MORE AND IT WILL HAVE TO BE REMADE, WITH A NEW IMPRESSION, FOR A CHARGE.

DO NOT PLAY WITH THE APPLIANCE WITH YOUR TONGUE AND BITE IT INTO PLACE OR IT WILL CRACK (and need to be remade).

Please give this to your parents. Thank you.



You'll see more smiles today
thanks
to
orthodontics!