

Patients Name: _____

Type of Appliance :

___ **Rapid Palatal Expander**

___ **Bell Appliance**

___ **Thumb sucking Appliance**

___ **Tongue Thrust Appliance**

___ **Space Maintainer (Unilateral or Bilateral)**

___ **Nance Appliance**

Congratulations! Today we placed your appliance and we have some home care instructions to share with you.

1. Your appliance requires special care and certain foods and beverages may cause your appliance to loosen and break. These foods and beverages should be avoided:
STICKY FOODS: Taffy, caramels, gummy candies, bubble gum, fruit roll-ups, licorice, Jolly Ranchers or other sticky foods
HARD FOODS: Nuts, hard candies, ice or corn nuts
BEVERAGES: Carbonated soft drinks
2. Accidents involving bumps to the mouth can cause your appliance to loosen. **BE VERY CAREFUL!!**
3. Do not place items such as pens, pencils and fingernails in your mouth. These can damage your appliances. Don't "play" with your appliance with your tongue as this can cause the wires to bend or your appliance to break or become loose.
4. Brush your appliance, bands and wires carefully with a soft toothbrush.
5. You may experience tenderness with your appliance after placement and you may notice excess saliva and minor speech difficulties. This generally gets better as you adjust to the appliance.
6. Some appliances require monthly checks and others will be checked at your regular cleaning and examination appointment, which we recommend every six months. We will let you know when it is time to schedule an appliance check.
7. If the appliance becomes loose or broken, there is a fee for repairs.
8. If the appliance becomes loose, broken, or uncomfortable or if you have any questions, please call our office at 480-838-6949.