



Jacobelli

Exceptional General Dental Care for the Quality Conscious

PATIENT INSTRUCTIONS FOR FUNCTIONAL APPLIANCES

1. Functional appliances can make a big improvement in the facial profile and the jaw position, but only when they are worn close to **"full time."** **Nothing less than 22 hours per day is recommended for good progress and the best results.**
2. Make sure your appliance is cleaned thoroughly before placing it in your mouth - especially prior to going to bed. The appliance should be brushed after each meal using a toothbrush and toothpaste when you brush your teeth. Soak the appliance in a glass of cool water with a teaspoon of baking soda to keep it fresh. Never use hot water! At least once a week, soak the appliance in a denture cleaning solution for 30 minutes. Be sure to do this during "non-wearing" hours so as not to lose any effective wearing time.
3. When you first begin to wear the appliance, you will produce a great deal of saliva. Within a few days, your salivary glands will adjust and the heavy saliva production will cease. Your mouth will also feel unusually full and speaking will be awkward. However, if you practice reading aloud, your speech will improve quickly.
4. **Your functional appliance should be worn at all times EXCEPT** when brushing, flossing, swimming and engaging in active (contact) sports. When your appliance is not in your mouth, be sure that appliance is in its "strong box." It is very expensive and every precaution should be taken against breaking or losing your appliance. **Never** wrap your appliance in a napkin (someone may throw it away). **Never** put the appliance in your pocket (unless it is in its "strong box"). **Never** leave it out for curious pets (they will chew it up).
5. **Do not keep your appliance out of your mouth just because it is bothering you.** Please call the office if you feel it is necessary to remove your appliance due to discomfort. If the appliance breaks, save all the pieces. Under no circumstances should you adjust or repair the appliance yourself. (Super Glue makes a big mess.) Call the office immediately if a problem arises. **Our office number is 440-845-7300. Dr. Jacobelli's emergency number is 216-389-2026. It has been given to you should an off-hour emergency arise.**
6. In the beginning, it is important to keep your lips closed because this will exercise your lip muscles as well as prevent you from drooling. When your lips are separated, the appliance doesn't work well, **so keep your lips together and breathe through your nose!**
7. If the appliance has "turnbuckles" or "jackscrews" to be turned, be sure to follow directions **exactly** and **circle** the turn denoted by an "x" marked on the Orthodontic Progress Report once you have done it.

8. **MAINTAIN CORRECT EATING HABITS AND DIET.** Avoid hard foods, sticky foods and foods high in sugar content. **DO NOT EAT** candy, caramels, chewing gum, taffy, licorice, pastries or excessively starchy foods. **DO NOT EAT** nuts, popcorn, raw carrots, corn on the cob or hard crusted bread. These hard foods can fracture acrylic off your appliance and break the wires. Be sure to chew your food thoroughly - do not swallow food in large pieces just because it is difficult to chew slowly. **DO NOT DRINK** beverages containing sugar.
9. By following these instructions, this appliance will help provide the conditions that will permit your face and jaws to develop correctly, improve temporomandibular joint conditions and greatly reduce the time needed for fixed braces. **Good progress depends on good cooperation.** With good cooperation, you can achieve the maximum improvement in the least amount of time.

GOOD LUCK!