

Crossbow Appliance

The crossbow appliance is specifically designed to help move your teeth to Dr. Eppard's recommended positions. In some cases, this may help reduce the need for you to wear headgear or have extractions of permanent teeth. It works around the clock, using continuous gentle forces.

The crossbow appliance is designed to withstand normal forces in the mouth. Like all orthodontic appliances it can be damaged or broken if appropriate care is not taken. Here are some easy tips to ensure that your experience with the crossbow is as trouble-free as possible.

- The crossbow is made to accommodate the normal mouth opening for eating and speaking. Excessive wide opening, however, may damage the appliance. Remember to never open more than two fingers.
- If, for some reason, the spring gets between your teeth, do not bite on it. Biting on the spring may deform it or cause breakage.
- Always be careful what you eat. Avoid hard or sticky foods and chew with your front teeth.
- As with any orthodontic appliance worn inside the mouth, some short term discomfort or irritation may occur. Call Eppard Orthodontics if a sore develops in your mouth.
- During the initial adjustment period to the crossbow, try sleeping on your back with pillows propped around to avoid sleeping on the spring.

With proper care the spring will last the intended treatment period of 6 months without replacement. Oral hygiene problems can be minimized by nightly use of the Waterpik in conjunction with brushing.

Contact the office if you have any problems or questions: 540-825-6064

