

Forsus Springs

You have been fitted with a state-of-the-art functional appliance that has been custom designed for you. This appliance has several unique advantages in that it uses the most natural force around the teeth to cause them to move — the jaw muscles! It positions the jaw into the correct alignment and if timed during jaw growth, the changes occur in both the teeth and jaw position. In order for this appliance to work it will need to be in place for 3-6 months and will need to be checked every 4-6 weeks.

As with any new device, you can expect a break-in period that might include a period of discomfort for several days. We have prepared this list of do's and don'ts that may help minimize the discomfort during the initial days with the appliance.

- During the first few days you will prefer to eat soft foods slowly with your front teeth.
- Do not try to force your back teeth together!
- **Do not chew ice, pens/pencils, or fingernails.**
- Expect to use Advil or Motrin for any soreness or discomfort you experience during the first week.

Although the FReD appliance is very durable, occasionally breakage can occur. The most common problem occurs when the rod separates from the spring when the patient yawns. This most often happens at bedtime! Patients usually can replace the rod into the spring by simply opening wide and threading the rod back into the opening of the spring. If one of the components breaks, don't panic! Remove any loose rod or spring and bring them in at your next visit. **If it breaks after hours and it causes unusual discomfort, contact Dr Eppard at (304) 290-0685.** Most orthodontic emergencies can wait until the next working day as long as all loose and impinging pieces can be removed. To reduce oral hygiene related issues, use of a waterpik and oral rinses are strongly recommended.

Most patients who do not experience breakage reap the benefits of fewer and shorter visits while this appliance is in place. Following these guidelines will hopefully reduce the risk of breakage so complete correction can occur. Our goal is to provide the most efficient method to achieve the most stable bite with the least discomfort.



Questions? Call Eppard Orthodontics
(540) 825-6064.

