

Carriere Appliance.

- The Carriere is a bite correcting appliance used at the beginning of treatment, allowing faster movement of teeth and less time in braces.
- The appliance is easy to clean; it is easy to brush your teeth to keep your mouth free of debris.
- The appliance is bonded to your teeth and you should use caution when eating. Avoid hard/crunchy or sticky/chewy foods.
- If you notice a loose appliance or attachment, contact the office immediately. Stop wearing any elastics until you are seen by the orthodontic staff.
- If your removable retainer becomes damaged, lost, or ill-fitting, discontinue elastic wear and contact the office immediately.

For more information on the Carriere appliance, visit www.carriereconfidence.com

Elastic Instructions:

- Elastics are the primary force in bite correction. If your treatment includes a lower removable retainer, it should be worn at all times that elastics are in your mouth.
- Elastics should be worn at all times, 24 hours per day; only being removed when eating or brushing. This time includes when you are sleeping.
- You may experience some soreness initially; however, with continuous wear, the soreness will subside after a few days.
- Elastics should be changed often. Place new elastics after eating or brushing your teeth.
- If you have a low supply of elastics, please call the office and arrange a time to pick up additional packages.
- Failure to wear elastics as instructed will result in an increase of your treatment time.