

## instructions for forsus springs



### what are forsus springs?

Sometimes elastics are not strong enough to correct a patient's bite and the forsus are needed instead. This appliance is simply a spring installed on each side of the mouth, that allows the patient to open, close and move the jaw freely and comfortably. They are made out of nickel titanium so it provides a constant, non-decaying force.



### why do I need them?

They are commonly used for cases where there is an over-bite (protruding upper front teeth, extending far past the lower front teeth). For years headgear was the most common way to fix over-bites.



### how long will I have them for?

Forsus springs usually remain in place anywhere between 3 months to a year, depending upon the severity of your over-bite. The modern alternative is hidden inside the cheeks, allows normal mouth movement, is very tough and cannot be removed by the patient, so it cannot be misplaced or forgotten.



spring

rod

### **discomfort**

At first they may feel like a mouthful, however within a week they will become quite comfortable. As your jaw muscles and joints get used to the new position, you may experience soreness with possible headaches. Taking a Panadol or Nurofen may help.

### **eating**

Chewing may be awkward at first. Definitely eat soft, nutritious foods during this stage. Avoid stick foods as these can stick to and around your forsus, this may damage or loosen them. Also avoid chewing really hard foods such as ice.

### **can the forsus springs come apart?**

Yes, the most common way is for the rod to slip out of the spring when you open very wide (like yawning). If this happens, do not panic, go to a mirror and use your fingers to compress the spring and slide the rod back into place (you may need someone's help for this).

Check your springs daily and notify your doctor if you see anything out of the ordinary, this can help keep you on schedule and avoid setbacks due to breakages or over-corrections.

### **what we give you today**

- Wax - this gives your cheeks time to heal. Remember to dry the area first, then place the wax on the metal part where it is causing the irritation. You will only need a small pea sized amount of wax.

- Cotton rolls - place these inside your lower lips/cheek area to help stop the arms rubbing while you sleep.

### **remember**

Panadol or Nurofen can be used to ease any discomfort you may experience. Try not to play with your forsus with your tongue or open too wide as you may dislodge something. Check the forsus daily and call us as soon as possible if anything feels out of place.

