

## instructions for a beneslider



# 1

First separators are flossed in between your upper molar teeth, if you are having braces; they are placed for the lower teeth also.

# 2

During the 2nd appointment, the palatal implants are placed by the orthodontist under local anaesthetic. Silver bands are fitted around the upper molar teeth. Finally an impression is taken of the whole upper arch.

# 3

The impression is sent to a dental lab where they custom design your beneslider as per the orthodontist's instructions. While it is being made, we recommend you use Savacol mouthwash for 5 days, and then move to rinsing with warm salty water.

# 4

Once your beneslider has been returned to our practice, we glue in the silver rings (which are now attached by a bar that moulds to the shape of your mouth) and attach caps onto the implants so they are comfortable. Once the beneslider is in place, springs are activated so that your teeth can start moving straight away.

### **what is a beneslider?**

It is an appliance made to fit the upper teeth to help open spaces or close spaces. Used to open space to place an implant, or close space when a tooth/teeth are missing. It can be used in conjunction with braces or used to prepare for future treatment.

### **what to expect**

Minimal discomfort may be felt for the initial few days. Most people adjust quite well after the first week. So remember, things do get better if you give yourself time to get used to it!

Note: all side effects will improve with time and persistence.

### **eating**

Eating will be a bit difficult for the first few days, even up to a week. It is a good idea to cut all foods into small pieces. Avoid eating chewy lollies and foods such as chewing gum, toffees, red skins, etc. Be mindful to not fill your mouth with too much food at one time.

### **cleaning your beneslider**

Gently massage the gum and palate around the beneslider with a small soft toothbrush. It is important to ensure that all food is removed from the area after eating.

### **speech**

In the first few days your speech will be altered and you will produce extra saliva. This will reduce with time and practice. Reading out loud for 5-10 minutes a day will help get your speech back to normal again.

### **important information**

Each beneslider is made specifically for each patient, which means no two are the same. Due to this reason, it is important to take good care of your beneslider.

If you notice anything loose or swollen around or on your beneslider, please call the practice immediately.

### **what is next?**

Once the beneslider is placed, your orthodontist would like to see you every four weeks or so to assess and activate the springs or teeth as needed.

