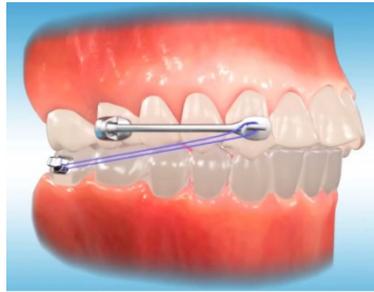


instructions for carriere bite corrector



what do elastics do?

The Carriere Bite Corrector uses a trutain (retainer), specialised metal arms, buttons and elastics to help correct your bite before the need for braces or Invisalign®.

3 easy steps to remember:

- 1** Wear your elastics as you have been shown, both night and day. You should take them off when you eat and brush your teeth. It is important to remember to always wear them. When you take them off for eating put them on your last finger while you eat. Once you learn this you will not slip into the bad habit of leaving them off after meals.
- 2** Change to new elastics once every 24 hours. Remember rubber bands get tired too!
- 3** You have to wear the elastics and the trutain at all times (except when eating and brushing) or 22 hours a day, otherwise your jaw will not move and treatment will take longer.

discomfort

At first, your Carriere Bite Corrector may irritate the insides of your cheeks and cause ulcers, however soon your cheek tissues will toughen up and will start to feel normal again. Using the wax will also help.

Panadol or Nurofen can be used to ease any discomfort you may experience.

eating

Eating the correct foods and minimising sugar intake is essential during your orthodontic treatment. Your braces are precious appliances that can be damaged by eating the wrong foods. Some sticky and hard foods can loosen or dislodge your braces, while a diet high in sugar can cause tooth decay and permanent staining.

foods to avoid

- Popcorn
- Bubble gum
- Chewy lollies such as jelly beans, toffees, minties and fantails
- Hard nuts
- Hard lollies and lollipops
- Sugary drinks

foods to be careful with

- Apples - do not bite into an apple or cut it into small pieces
- Carrots - grate or boil them or cut it into small pieces
- Steak, chicken - cut into small pieces, do not bite meat off the bone
- Fruits - remove the seeds
- Crunchy bread rolls
- Olives
- Pizza - cut into small pieces

putting on elastics

You will find your own special way to put them in and out. It just takes practice!

We will show you how to wear your elastics and ensure you can put them on before you leave. If you would like us to show you again, just let us know.

Please note that wearing your elastics for only half the time may extend your treatment time.

fitting of your trutain

When fitting your trutain, always make sure you look into a mirror so that you can correctly position the trutain. Once your trutain is in the correct position, simply use your fingers to push against the plastic and the trutain will click into place.

removal of your trutain

When removing your trutain, always use your index fingernails to pull downwards on the back of the trutain. The easiest spot to place your finger is on the inside of your teeth. Ensure that you always remove from the back of the trutain, this will make your trutain last longer. If you remove from the front you run the risk of putting too much pressure on the trutain and your teeth.

important

If anything becomes broken, loose or something feels uncomfortable, please call us immediately so we can arrange an appointment for you!

cleaning

Your trutain should be cleaned every day with a soft toothbrush and cold running water (not hot water). The best time to clean your trutain is usually when you brush your teeth, as you will be near a sink and the trutain needs to be removed anyway.



With your toothbrush, brush in small circular motion around the Carriere arms, buttons, gums and teeth. Do this 3 times a day for the best result.

what we give you today

Toothbrush - a soft toothbrush to help keep your teeth and appliances clean.

Wax - To use the wax, make the area where the ulcer is, really dry, by using a tissue or cotton wool. Break half a pea size of wax off, roll into a ball and place on the metal part that is rubbing. The wax can stay there for a day, but should be changed daily. It will also stay while eating.

Interdental brushes - to use every night before brushing, it is placed in between your teeth and the metal arms.

A case - a safe place to keep your trutain, when it's not in your mouth or being cleaned.

You can purchase more products from our reception desk.

it is up to you

- Wear your elastics as directed
- Change once a day
- Throw old elastics in the bin
- Carry a supply of elastics with you at all times
- If you lose them or run out, contact us and we will send you more
- Wear the trutain 22 hours a day
- Do not lose any time; call us if you need help!