

**Orthodontic wear and care instructions**

- The appliances should be worn nights and almost throughout the day, except during sports, unless otherwise specified.
- When placing the appliance, help or instruct the child to push down as hard as possible, to allow for full seating. If any discomfort arises such as a painful sore spot, or if the appliance does not fit any more, visit the doctor as soon as possible.
- If the appliance has not been worn for more than 2 days, the teeth usually relapse back and thus prevent full seating. In such a case, the expansion screw should be turned back a half to a full turn until it fully seats.
- If after activation of the expansion screw the child experiences pain, turn the screw back only slightly, just enough to make the initial discomfort bearable.
- CLEAN the appliance by brushing it thoroughly BEFORE and AFTER wearing, using ordinary soap and hot water. Use a separate brush for this purpose, preferably one with tougher bristles. You may intermittently use hydrogen peroxide. All the fine details and recesses around the screw, springs and other wires should be scrubbed. Never seal the appliances in their container if they are wet. Keep the lid open.

Date	Appliance	Activation Frequency	Additional Comments

Additional instructions: \_\_\_\_\_  
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