

Carriere Motion Appliance

This system consists of three important components:

1. A custom-sized and bonded Carriere Motion appliance, along with bonded tubes placed on molars.
2. A customized clear retainer that you wear as directed by Dr. Lenhart or Dr. Sherman.
3. Orthodontic elastics (Force 1 or Force 2) that you wear from the Carriere hooks to the hooks on the bonded tubes.

Class II



Class III



- You will be required to wear the orthodontic elastics **WITH your retainer** all day and night!
- The only time the elastic/retainer combination should be out of your mouth is while eating or brushing your teeth and/or retainer.
- You will be wearing your elastic/retainer combo while in school, out with your friends, shopping, sleeping, watching TV...ALWAYS (unless eating or brushing)!
- The elastic/retainer combo should be worn AT LEAST 22 hours out of a 24-hour day, 7 days a week (no vacation time or weekends off!).
- If your retainer becomes lost or broken, discontinue your elastics and call our office during normal business hours. We will need to replace your retainer and there will be a fee to replace it.

The correct movement happens ONLY when you wear your ELASTICS AND RETAINER TOGETHER. We cannot stress enough the importance to ALWAYS have your retainer in place whenever the elastics are hooked up.

Retainer Do's

- Brush daily with a toothbrush and anti-bacterial soap (hand soap or dish soap) and rinse thoroughly with warm (**NOT HOT**) water.
- Occasional use of cleaning products such as Retainer Brite (retainerbrite.com), Efferdent or Polident denture cleaner is advisable.
- Please bring your retainer to every appointment.
- Store your retainer in its protective plastic case when you are not wearing it.
- Keep it away from heat sources such as hot water, washing machines and dryers, closed cars and direct sunlight.
- Keep it away from pets! Dogs (and sometime cats) love to chew retainers!
- Call us ASAP if you lose your retainer or it does not fit.

Retainer Don'ts

- Never wrap it up in a napkin...it will get thrown away!
- Do not use toothpaste when cleaning. Toothpaste is abrasive and can scratch the plastic.
- No soaking in bleach or hot water.