

Schwarz

This appliance allows for us to upright lower molars and allows the upper palatal expander to be more effective. It can also help with crowding of lower teeth!

- Please turn your appliance 2x per week (Wednesday and Saturday)
- If you miss a turn, turn immediately, then stay on schedule by turning on the next Wednesday and Saturday.
- Take out the appliance when you eat and brush at home only.
- At school, eat with the appliance in, and then take it out afterwards to brush. Put the appliance back in immediately.
- When the appliance is not in your mouth, keep it in the case out of reach of pets.
- If the appliance is lost or damaged, please call us immediately during business hours. Any replacements will require an additional fee to cover lab costs to fabricate a new appliance.
- After turning, make sure the appliance is completely seated around the teeth when putting it back in.
- If your turn is successful, you will see the plastic gradually expanding around the expansion screw.
- Clean the appliance by brushing with a toothbrush and water (do not brush with toothpaste).

Check off the corresponding day for each turn and bring this chart to every appointment:

- | | | |
|--------------|---------------|---------------|
| 1. Wednesday | 10. Saturday | 19. Wednesday |
| 2. Saturday | 11. Wednesday | 20. Saturday |
| 3. Wednesday | 12. Saturday | 21. Wednesday |
| 4. Saturday | 13. Wednesday | 22. Saturday |
| 5. Wednesday | 14. Saturday | 23. Wednesday |
| 6. Saturday | 15. Wednesday | 24. Saturday |
| 7. Wednesday | 16. Saturday | |
| 8. Saturday | 17. Wednesday | |
| 9. Wednesday | 18. Saturday | |