



The Carrière distalizing appliance is a fixed appliance (non-removable) that is used for dental correction of anteroposterior problems in the dentition. This appliance is used in class II dental malocclusions (upper teeth ahead of the lower teeth), prior to braces treatment, in order to help alleviate the horizontal discrepancy of the upper and lower dental relationships.

#### Wearing the Appliance:

- The Carrière distalizing appliance is placed in the office by Dr. Ross.
- Rubber bands are to be worn continuously from the appliance to the lower arch: either to the hooks off the bands on the lower molars, or to temporary anchorage devices (TADs) placed in the bone around the area of your molars. **NOTE: For treatment success, full compliance with elastic wear is IMPERATIVE.**
- Your teeth may be sore initially, but discomfort will dissipate within the first week.
- Spaces created between the front teeth are a normal and welcome sign of the appliance working.
- With proper cooperation, the appliance is in place for a period of few months.

#### Appliance Care:

- Do not use your tongue to play with the appliance as this may cause unwanted movements. Additionally, do not use your tongue to play with any spaces created between the front teeth, as this will irritate your gums and cause soreness.
- Clean the appliance with water, toothbrush, toothpaste, and your proxy brush. Brush at least three times a day, two minutes at a time, paying special attention to the area where the appliance is cemented to your teeth

If the bond between your appliance and your teeth is broken, or you have problems with any lower appliances, or if you have any questions, please call **(717) 637-4131**.