

# D2 APPLIANCE



## WHY IS MY CHILD BEING TREATED WITH A D2 APPLIANCE?

Growth of your child's face normally occurs with a forward movement of the upper and lower jaws, but sometimes this growth is not equal. If there is over-growth of the upper jaw or under-growth of the lower jaw, this often translates to an "overbite" and/or "overjet" and sometimes facial disharmony. D2 Appliances use elastic forces to distalize (move back) the upper molar teeth while pulling the lower molar teeth forward to help create a more balanced bite relationship.

## WHAT ARE THE ADVANTAGES OF THIS APPLIANCE?

This is similar to how headgear works, but this appliance is contained completely within the mouth. It can be used at all times, allowing correction of the jaw relationship to occur throughout the day, instead of just in the evening. It is also easy for the lips and cheeks to adapt to because it is small and low profile.

Elastics are worn at the beginning of treatment, when patients are excited to get started with their orthodontic care, rather than at the end when they are ready to be done with treatment.

The appliance is also aesthetically pleasing, and less noticeable in the mouth than many other options, as some major work toward bite correction can be completed prior to braces being placed or Invisalign trays being worn.

## HOW TO USE THE D2 APPLIANCE AND ELASTICS AT HOME:

**DAY 1 (TODAY):** One upper left and one upper right D2 appliance have been bonded, along with one lower left bracket and one lower right bracket. You also received a clear lower retainer (Essix)

You've been shown how to wear elastics (rubber bands). The elastics are what makes the appliance active and working, so it is important that you wear them consistently and full time. Change your elastics frequently throughout the day (3+ times)



and then again before bedtime. Of course, the more you wear the elastics, the faster your teeth will move!

The lower Essix retainer needs to be worn whenever the elastics are in. This is very important, or else unwanted movements of the lower molars can occur as the elastics pull on them.

Both the elastics and Essix retainer need to be removed while eating and brushing. Make sure to clean thoroughly around the D2 appliance and braces.

Be careful not to eat any foods that are too hard/sticky as they can break off the D2 appliance/braces.

**2<sup>nd</sup> VISIT:** We will be giving you stronger elastics at your second visit. You will continue to wear these elastics full time and in the same pattern as previously done.

**Please contact the office immediately if the D2 appliance has come off, or if there is a problem with one of the brackets or Essix retainer. Please make sure that you bring your D2 appliance with you to be reinserted.**