

SMILE BAR - D2 APPLIANCE



HOW LONG DOES A SMILE BAR NEED TO BE WORN? These appliances are often in place for 4-6 months on average, but time is directly correlated to a patient's ability to wear elastics consistently. If we don't see marked improvement in the bite within that time frame we will discuss alternative options.

HOW TO USE THE SMILE BAR AND ELASTICS AT HOME:

DAY 1 (TODAY): The Smile Bar has been bonded on the upper arch. There are two pieces that fit together. There are also brackets on the lower first molars. 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 Smile Bar and braces.

Be careful not to eat any foods that are too hard/sticky as they can break off the Smile Bar and/or braces.

2nd 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.



HOW TO CLEAN THE ESSIX RETAINER:

- Brush your retainers twice a day when you are normally also brushing your teeth. A foaming hand soap or dish soap works best for cleaning clear plastic retainers.
- Never use hot or boiling water as it can warp or melt the retainers.
- In addition to brushing you can soak the retainers in a diluted mouthwash solution for about 10 minutes to keep them fresh.
- If you notice a white mineral deposit on your retainers, soak them for about 20 minutes in effervescent denture cleaners, or a 1/2 water and 1/2 vinegar solution, and then brush with toothpaste.
- Retainers are not mouthguards.



WHAT CAN I DO TO MANAGE DISCOMFORT IF A PART COMES OFF?

If the front bracket (located on the canine) has come off, the bar will be mobile. To stop the bar from falling down and interfering in your bite, you can place a piece of wax on the molar piece to hold the bar stable. If this doesn't work, you can push the bar up on to the gums, and the pressure of your cheek/lip will hold the bar in place until we can see you for a repair.



Please contact the office immediately if the Smile Bar 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 Smile Bar appliance with you to be reinserted, or an additional fee will incur for lost pieces to be replaced. Lost or broken/cracked retainers will incur a fee to replace.