

PATIENT CARE

A Cantilevered Bite Jumper (CBJ) appliance has just been inserted so you will notice changes to your mouth and bite over the next few months.

Good oral hygiene is important now your appliance is in place. There are more areas for food and plaque to become trapped. Brushing must be completed 3 times per day especially in the difficult to reach areas such as the molars and the roof of your mouth.

Expansion

- Using your key, turn the expander with 3 swings once per day for _____ days.
- Stop turning on ____/____/____
- Your next appt will be in _____ weeks time.

Remember to turn your appliance as instructed in order to get the best result.

We expect a space to develop between the front teeth while you are turning the appliance; this space will be closed at a later date.

Expansion Calendar

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

Once the telescopic arms have been inserted you may find that you experience some muscle tenderness around the jaw/jaw joint area. This is to be expected and will usually only last a few days. If this discomfort persists contact us for an appointment.

The telescopic arms can also unscrew, if this occurs tightening can be done with the Allan key provided.

Diet

Your diet is important, and it is essential that you follow these recommendations to ensure the best outcome of your treatment:

- Avoid any hard sticky and chewy foods. These foods include lollies, chocolate bars, bubble gums, hard biscuits, ice, etc.
- Other foods to be wary of are raw fruits and vegetables (cut into bite size pieces), corn on the cob, meat off the bone, etc.
- Consumption of any food or drinks high in sugar may compromise the short term and long term health of your teeth. So any soft drinks or cola flavoured items need to be avoided to get the best result possible.

Wax

Wax is provided to you during treatment to help ease any discomfort that may occur. The braces may rub and irritate your cheeks and wax is designed to work as a band aid in these areas. Warm saltwater rinses can also help with the healing of ulcers. Give it time and your body will adjust so the presence of the braces and ulcers will lessen.

Extra Appointments

Should any issues arise during treatment, such as broken bands, we are happy to see you for an extra appointment. It is best to call ahead and schedule an appointment for these visits. Peak times are between 3pm and 5pm so it may be difficult to see you in the late afternoon period.

For many of these appointments you will be seen by our Dental Therapist. They work alongside the Orthodontist to better care for your teeth.

Please call us with any questions or queries. We are always happy to help.