



CARE AND INSTRUCTIONS FOR FIXED APPLIANCES (M.A.R.A.)

Purpose: Bands are “back” braces that are permanently cemented around and between back teeth. Their function is to support the orthodontic appliance. You will need to make a conscious effort to bite forward with the lower jaw until your muscles become accustomed to the new position; it will take a good week before it will feel completely comfortable.

Eating Habits: Although these units are fairly secure, care should be taken not to dislodge them. We would suggest not eating hard foods and candy such as ice or jaw-breakers. Gum should never be chewed while wearing any form of braces. Avoid habits such as chewing on pens and pencils.

Care: You should keep your mouth closed and teeth together when you are not eating or talking. If you have difficulty keeping your mouth closed while sleeping let us know.

Occasionally the upper and lower arms become “locked” together. Do not PANIC! If you can not disengage it with gentle movement, call our office so we can help you.

Sensitivity: If you experience discomfort from the appliance rubbing against the cheeks use wax to cover the bands until your cheeks become use to the appliances. The muscles of your face may be sore the first few days, but your body will adapt and the discomfort will go away. You may bite your cheeks at first until you learn to avoid it. You may have difficulty eating for the first 1-2 weeks. We suggest you cut most of your food into small pieces. You should be able to eat everything you used to after only a few days.

Cleaning: Clean the appliance by brushing around all of the parts and the teeth with your tooth brush. It is not necessary, but you may find a “Waterpick” to be beneficial to help keep the appliance clean.

Breakage: If any part of the appliance comes loose or breaks, please call the office and bring the piece with you to your appointment.

If you have any questions, or problems, please call.

Dr. Gary Cartwright and Staff