



# Peel Orthodontics

More Than A Smile



## FORSUS

*Your fixed functional appliance (forsus/springs) is designed to improve your smile, and the way you bite together. This phase of the treatment usually takes approximately six months.*

*It is your responsibility to keep your forsus/springs, braces and your teeth clean, and to take care of them.*

*Please make sure you visit your general dentist for regular check-ups during your orthodontic treatment so that any problems can be dealt with immediately.*

## WHAT TO EXPECT

*For the first few days, your forusu/springs will feel strange, and uncomfortable. You may feel some soreness in the jaw joints in front of your ears. This is normal. If necessary, take what you would normally take for a headache.*

*Sometimes the inside of the cheeks becomes sore from rubbing as the lower part of the spring mechanism can dig in. If this happens, use the pads as you have been shown. Put them in just before you go to bed.*

*If necessary, you can use some anaesthetic gel inside your lip or cheek.*

*Using Difflam-C mouthwash will also help.*

## LOVE YOUR SMILE





## CONTACT

*If you have any queries, please contact us on 9586 9653, [info@peelorthodontics.com](mailto:info@peelorthodontics.com), or private message through Facebook. There is an emergency page on our website at [www.morethanasmile.com.au](http://www.morethanasmile.com.au) . If you still require assistance after hours, please leave a voice message on 0444 579 936 and someone will get back to you.*

## MAINTENANCE

*Keeping your forsus/springs clean is the same as looking after your braces; it just takes a little longer.*

*Clean your teeth at least twice per day. Also brush quickly or rinse after every meal to remove food debris.*

*It is important to clean around your bands to avoid any food becoming stuck. Use interdental brushes and floss in these areas as directed by our staff when your forsus/springs were fitted. In addition to this, you should always use a fluoride mouth rinse and toothpaste. Follow the directions on the label.*

*Remember, they are your braces and your teeth - please look after them.*

