

# NANCE APPLIANCE:

## Introduction:

Your Nance molar distalisation appliance has been designed to make space in your upper arch by moving the cheek teeth backwards.

It is your responsibility to keep your appliance 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.



## The First Week

For the first few days, your Nance appliance will feel rough and may irritate your cheeks or tongue. To allow the skin to recover, place a small piece of wax over the band as you have been shown. If necessary, also use a little anaesthetic gel inside your cheek or on your tongue. Using Difflam-C mouthwash will also help.



**If you have any problems, please telephone for an appointment as soon as possible on 9586 9653.**

## Maintenance:



Occasionally, food becomes stuck under the plastic button in the palate. This can usually be removed with Super floss, but if you are unable to get it telephone for an appointment so that we can clean under the button for you.

Tooth brushing:

If you do not clean effectively, plaque will build up on your teeth. Your gums will become infected and swollen, and bleed easily.

Plaque bacteria also make acid which will make white marks on your teeth. This is preventable, but very difficult to fix later.

## Diet

Biting hard food like ice or popcorn can break your appliance. To avoid breakages, avoid hard foods, and cut food up into small pieces. Be sensible about what you eat.



## Fluoride

Fluoride reduces the damage from plaque acid. If you are lucky enough to live in an area, which has fluoridated water, you already have some protection.

In addition, you should use a fluoride mouth rinse: follow the directions on the bottle.

Remember to always use fluoride toothpaste.