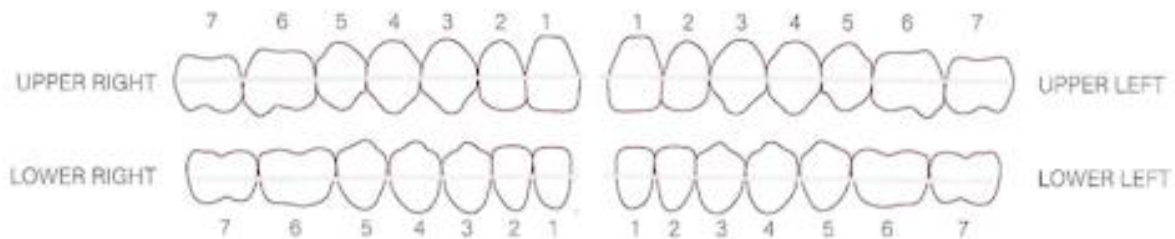
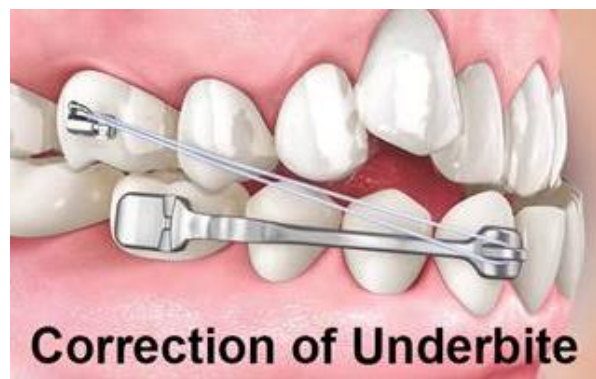
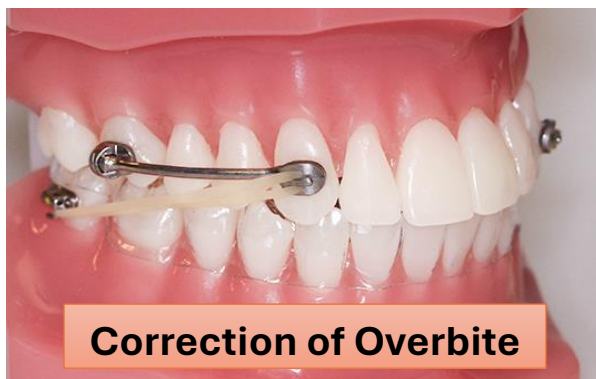




Carriere Motion Appliance & Retainer

A Carriere motion appliance is a fixed appliance that is used to correct overbite or underbite jaw discrepancies with removable rubber bands/elastics. This treatment is typically used in conjunction with a removable retainer on the opposite arch.



Rubber bands/elastics are to be worn as directed, changing them 3-4 times per day.

Foods to avoid:

- Avoid foods that are hard and/or sticky. Examples include gum, caramel, taffy, Tootsie Rolls, fruit snacks, hard candy, crisp vegetables, crunchy fruits, hard breads/crackers, pizza crusts, pretzels, popcorn, etc. Cut all meat off bone, corn off cobs, and peel and slice fruits and vegetables to promote easier consumption and reduce appliance breakage. Avoid anything sticky, ooey, gooey, such as, gum, taffy, Tootsie Rolls, caramel, etc.
- If it's too hard to cut up or break up, it's likely too hard to eat!

ABSOLUTELY NO CHEWING ON PENS, PENCILS, ERASERS, ICE, OR FINGERNAILS!

Please keep in mind:

- Dogs and cats love to chew on retainers, so please only keep them in your mouth or in their case!
- Do not wrap your retainer up in a napkin or sit them on a tray - this is the #1 way most people lose their retainers.
- Retainers are \$195 per arch to replace, so be very mindful not to lose it.
- Brush the inside and outside of your retainer with cold water and a soft toothbrush at least 2 times a day. Should you choose, you may also use retainer cleaning crystals.
- If your retainer starts developing build up, you can use a mild denture cleaner.
- Do not boil your retainer! This medical grade plastic will distort and/or melt in excessive heat.
- Always wear your retainer and only remove it to eat or brush (*Daily total should not exceed 2 hours of non-wear time).
- Please bring your retainer to all appointments.
- If you lose your retainer, please call us immediately regarding the next steps.
- Extra rubber bands/elastics and wax are always available in our After Hours Care boxes at both clinic locations.

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