

It is not necessary to exercise into this appliance. In fact, do not chew the appliance, or it may tear.

Pets love to chew on these appliances, so when you are not wearing it, please keep it in a safe place.

Your doctor may order your appliance with or without airholes. These airholes are used to help you breathe if you experience nasal congestion. Of course, if you are very congested and experience difficulty wearing the appliance, discontinue its use until the congestion has subsided.

We recommend DentaSOAK for cleaning your appliance.

Gentle, effective, and easy to use, DentaSOAK cleans and destroys infection-causing bacteria – in just 15 minutes. DentaSOAK is non-toxic, alcohol free, and persulfate free. DentaSOAK is available in a convenient three month, six month or one year supply.

To order DentaSOAK, ask your dentist, order on-line at www.dentasoak.com, or call Great Lakes at 1-800-828-7626. Your order will arrive in about 10 days.

If you experience soreness, you should be congratulated, because that means you have been wearing your appliance and it is working.

It is important that you keep your scheduled appointments with your doctor, so that he may chart your progress.

A guide to the use and care of your Elastodontic Appliance



Patient Information/Instructions

Elastodontics is a high-tech plan, which enables you to have orthodontic treatment in the privacy of your home, because this appliance is worn primarily during your sleeping hours.

Your doctor may prescribe our standard Elastodontic Appliance, but it may also have variations:

Standard Elastodontic Appliance

When you receive this appliance as well as any of the others, you will notice that it may not fit snugly. The reason for this, is that the appliance has been made to where your doctor wants your teeth moved to and not where they are right now. You will notice that the fit will become more comfortable, after a short period of time.

Standard Elastodontic Appliance with an Inner Bow

In some cases, your doctor may require your help in activating this type of appliance. You will be given a ruler that has been marked by the doctor. It will be necessary for you to check your appliance against this ruler to make sure that it aligns with the marks on the ruler. If they don't, you simply place your thumbs on the appliance and apply gentle pressure to expand the appliance to the marks on the ruler.

Standard Elastodontic Appliance with an Inner/Outer Bow

If your doctor requires your cooperation in activating this appliance, you would follow the same steps as previously stated. As for the outer bow, you will be given a headgear that must be worn according to your doctor's instructions.

Standard Elastodontic Appliance to be worn over Brackets

This appliance, like the others, may not fit snugly at first and you may not be able to snap the appliance over all your brackets initially. When placing this appliance into your mouth, push the sides of the appliance against the brackets to "button" it onto the teeth. To remove the appliance, gently pull the appliance away from your upper brackets, and then repeat on the lower.

It is suggested you wear your appliance approximately 8-10 hours a day, including sleeping hours. Your treatment time can be reduced, if you wear the appliance during some of your active hours (i.e.: watching television, doing homework, reading).

If you experience difficulty keeping the appliance in your mouth while sleeping, you may need to wear it one to two hours prior to bedtime. This will give your muscles a chance to get accustomed to the appliance.

If you still experience difficulty, contact your doctor and he may prescribe the use of a chin strap called a Mandibular Stabilizer. This will help keep the appliance in your mouth while you're sleeping.