

Removable Orthodontics

- Wear it while sleeping and 1-2 hours during the day.
- Initially discomfort and irritation may be felt along with excessive salivation. The salivation will decrease as the body gets used to wearing the appliance.
- The speech is a little different initially while wearing the appliance it shall slowly become okay as the patient gets used to wearing it.
- NO eating food while wearing appliance.
- The patient is only allowed to drink ONLY WATER while wearing the appliance.
- Preferably gargle and brush before wearing the appliance.
- Gargle and brush after every meal.
- Avoid taking appliance in outdoors or playing with it using tongue.
- Appliance is not to be worn at school.
- Clean the appliance regularly at least once a day.
- Keep a separate toothbrush for cleaning the appliance.
- Always keep the appliance in drinking water while not in use. You can add a few drops of mouthwash in the water for added freshness.
- DO NOT give the appliance to anyone to try on
- Push the appliance with your thumb against the palate to make it fit properly.
- Remove it using 2 fingers and from the wires at the back.
- Do not touch the wire in the front.

Expander Expansion Demo 1

<https://www.youtube.com/watch?v=8l-tf9t9GiQ>

Hyrax Expansion Demo 2

<https://www.youtube.com/watch?v=UjSnWJoloMg>