

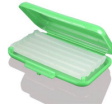
Forsus Orthodontic Appliance

Eating:

You may experience difficulty chewing for four to ten days after the insertion of your Forsus appliance. Start with soft foods such as soups, pastas, scrambled eggs and gradually return to your regular diet as you start to feel more comfortable. Cutting your food into smaller pieces makes chewing easier and helps minimize the initial frustration.



Sore Spots:



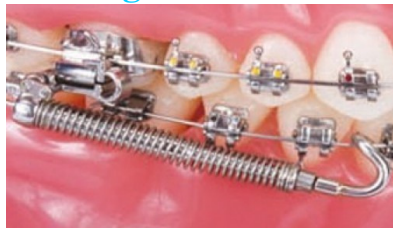
Use the wax provided if any bulging areas bother your cheeks.



If the Rods Disengage:

Occasionally, if you open too wide, the lower rod may slip out of the spring. You can re-engage this yourself if you open very wide again and simply re-insert the rod into the spring.

Cleaning:



Gentle but thorough cleaning around the entire appliance is important. You should brush around all springs, brackets and tubes. You may use an electric toothbrush or water pik if you have one. Be very careful with floss as it may get caught on the spring and pull it loose!

Habits:

You can open and close your mouth normally but avoid opening your mouth widely to avoid the separation of the spring and the rod mechanism.

- ❖ Remember to keep pens and fingers out of your mouth
- ❖ If any components break or become loose, SAVE ALL PIECES AND CALL THE OFFICE