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Instructions For Crozat Appliances

PLACING THE APPLIANCE

When placing the Crozat use finger pressure to seat the clasps all the way down onto the back teeth. It helps to use two fingers (one from each hand) first on one side and then the other to seat the clasps. A fingernail pressed on the metal ledge at the cheek side of the clasp makes it even easier. Do not bite the appliance down over the teeth!!! This bends the clasp, which leads to unnecessary looseness and breakage. This can delay treatment and add to the cost. Please do not “play” with your teeth and Crozats by loosening them with your tongue and biting them back to place. A wire may feel slightly high to the bite in the beginning or after your adjustments. This usually settles down in a few days. Please don't “play” your teeth on the high spot by clenching and relaxing then clenching again.

DIET

A normal but soft diet is usually more comfortable for the first few days after Crozats are placed. Please do not eat tough meats (roast, steak, etc.) for about two weeks. Also do not chew hard or sticky foods such as raw nuts, hard or sticky candy, gum, ice cubes, beef jerky, hardcrusted bread, raw apples and carrots unless cut into small bites. If elastics are worn, they may be removed at mealtime and new ones placed afterwards.

***CLEANING**

Please clean your Crozats with your toothbrush and toothpaste (or your index finger and thumb) each time you brush your teeth. It is best to once a week scrub the appliances with baking soda or Lava soap. When brushing your teeth away from home (school, etc.) remove one Crozat at a time and run it under the water to remove food particles. Place this Crozat back in your mouth. Never lay your Crozat down. It may get knocked to the floor and stepped on. Put it in the case while you clean your teeth. If you have been asked to wear your Crozat(s) without removal, please brush the entire appliance in your mouth at least two times per day and use your fluoride.

SORENESS

At first and after adjustments, your teeth may be tender when biting down. However, they should not be painful. Warm salt water (1 tsp. in a small glass of water) can be used as a mouth rinse for the first two or three days after Crozats are placed in the mouth. Balloon the cheeks and pump the salt water between the teeth. Soreness should not last more than five to seven days. If so, please call the office for an appointment.

Clenching on the plastic wafer you will be given – 50 clenches four times a day – will help. This is like a physical therapy program for the teeth

BROKEN OR BENT APPLIANCES

Occasionally the appliance may break, or you may have to take it out. Save the piece and put in safe container and call for an appointment at your earliest convenience. This is not an emergency. There is no extra charge unless breakage was due to not having the appliance either in the mouth or in its case. If you cannot possibly wear your Crozats, be sure to call and check

with our staff. Please do not leave them out until your regular appointment without our permission.

Your appliances are not likely to be stepped on, bent or thrown away by mistake if they are put in the case whenever they have to be taken out of your mouth. Needless to say a bent appliance could place forces which push the teeth in the wrong direction. To prevent this, please do not attempt to adjust appliances yourself.

LOST APPLIANCE

Should an appliance be lost there is an additional fee to cover laboratory expenses and the cost of precious metals used in fabrication. The fee will be \$250.00.

SUCCESS

Treatment goes faster and easier when these instructions are followed. Our high success rate is directly related to the cooperation of our many wonderful patients.