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Carrieré Distalizer Instructions



Wearing the elastics:

- Wear your elastics 24 hours a day unless otherwise instructed. Elastics should be removed to eat and brush.
- Replace your elastics with fresh ones 2 to 3 times a day with the supply you have been given. After meals is a good time to change elastics.
- Make sure not to run out of elastics. Ask for more when you are running low, or stop by the office to obtain more. We can even mail them "in a pinch".
- For treatment success, full compliance with elastic wear is **IMPERATIVE**

Wearing the lower retainer:

- The clear retainer should only be taken out to eat and brush.
- Please clean your clear retainer with mild soap and water only. Do not use toothpaste or harsh cleaning materials.
- The clear retainer is made of plastic. Please keep it away from heat sources such as direct sunlight, microwave ovens, washing machines, clothes dryers, and boiling water. Heat will distort the plastic and prevent the retainer from fitting properly.
- Be sure to store your retainer in the case provided.

What to expect:

- Your teeth may be sore initially, but discomfort will dissipate within the first week.
- Spaces created between the front teeth are a normal and welcome sign of the appliance working.
- Do not use your tongue to play with the appliance as this may cause unwanted movements. Additionally, do not use your tongue to play with any spaces created between the front teeth, as this will irritate your gums and cause soreness.
- With proper cooperation, the appliance is in place for a period of a few months.

