



**CONGRATULATIONS** on getting your new appliance!  
Here are a few helpful hints for maintaining it:

1. Appliances seem HUGE when they are first placed in the mouth. You may have difficulty speaking and swallowing for the first few days...DON'T WORRY, this will go away in a few days.
2. The appliance can be loosened by hard, chewy or sticky foods. Please follow the advice on our **FOOD LIST** concerning those foods to avoid. If one of the bands breaks loose, please call us to have it repaired as soon as possible.
3. Your mouth will produce lots of extra saliva for the first few days. Don't worry; this will go away as soon as you adjust to this new appliance in your mouth.
4. Your appliance will build up plaque just like your teeth; be sure to brush it well. When you have finished brushing, check your entire appliance to make sure it is clean. All the silver should shine and no plaque should be present on your teeth.