

SCHWARTZ/ SAGITAL APPLIANCE PATIENT INSTRUCTIONS

FULL-TIME WEAR – The appliance must be worn full time, including school and while you eat and sleep. The only time you can remove the appliance is while you are cleaning it, when swimming (to avoid loss) and while playing contact sports (to avoid breakage and injury).

PRACTICE SPEAKING – It is normal that there will be some difficulty with speech the first several days of wear. To become accustomed to the Swartz, practice speaking and reading out loud. Speaking with the appliance will become routine.

EATING WITH YOUR APPLIANCE – Eating with the appliance will give you faster results. It is extremely important to wear the appliance 24 hours each day, especially while eating. One meal is equivalent to 24 hours of wear. While you are getting accustomed to the appliance please eat softer foods (eggs, cereals, soups, etc.). Normal eating can resume as you are more comfortable eating with the appliance in place.

EXCESSIVE SALIVA – You will notice excessive saliva for the first two to three days after your appliance is placed. As you adapt to the appliance, this will diminish.

TENDER TEETH – The Swartz appliance is a comfortable appliance to wear. Soreness of you teeth is common the first few days. If the tenderness continues, please phone our office.

COMFORT – Full-time wear and eating with the appliance maintains proper fit. Occlusal contact of the appliance with opposing teeth is important. If the Schwartz is not fitting properly, it is not being worn as instructed.

CLEANING AND CARE – It is important to keep the teeth clean at all times. It is highly beneficial to brush the roof of the mouth and the tongue. The Schwartz appliance should also be cleansed thoroughly with a toothbrush and toothpaste each morning and before going to bed. Holding the Schwartz in the palm of the hand, gently clean and rinse. Do not wash the appliance in boiling water or place in the microwave to sterilize. For a more thorough cleansing, use an Efferdent or Polident Tablet placed in a glass with water. Rinse and replace the appliance immediately after cleansing.

SAFETY BOX – When your appliance is not in your mouth, it should be placed in the box we have given you. Never wrap your appliance in a napkin or tissue, you will forget it is there and toss away.

PETS – Pets love to chew the acrylic on your appliance! Do not leave your appliance where a dog or cat can get to it.

HOW TO PLACE THE APPLIANCE – Position the appliance on your teeth and firmly “press” the Swartz into place using your thumbs. **DO NOT** use your tongue and then bite into place.