

Family Smile Center, LLC

Telephone (301) 663-9484

## **SAGITAL APPLIANCE**

This appliance you are now wearing is delicate and must be handled with care when you remove it. It took a great deal of time and careful work to construct it. Please take care of it!

Your Sagital must be worn at all times except when cleaning it after each meal. This means you must eat and sleep with the appliance in your mouth and keep it in throughout the day. Eating and speaking will most likely be difficult the first few days. Just a few hours of reading out loud will help you adjust quickly. You are advised to eat soft foods such as eggs, cereals, and soups at first. However, in a few days most foods can be eaten, and with a little practice, speaking will become easier.

Your Sagital should be rinsed after each meal with water. Cleaning your appliance should be done every night. Place one denture cleaning tablet into the case given to you with warm water, place your sagital in the case. Let your appliance soak for five minutes while you are brushing and flossing your teeth, rinse it off and place it back in your mouth immediately.

Soreness of certain teeth is quite common for the first day. They may also become sore after turning the screw, this will not last long.

**A BENT WIRE OR BROKEN SAGITAL PLATE SHOULD BE REPAIRED RIGHT AWAY.** If the appliance is not repaired in a day or two, your teeth may relapse, lengthening your treatment time. If anything is wrong with your appliance, **LET US KNOW IMMEDIATELY. THIS IS VERY IMPORTANT!**

You may have to wear your Sagital for many months. Try not to become discouraged these first few days. Speaking and eating will improve greatly thereafter. Just be patient.

**REMEMBER, IF YOUR APPLIANCE IS BROKEN OR YOU HAVE ANY PROBLEMS, CONTACT THE OFFICE IMMEDIATELY. DON'T WAIT FOR YOUR NEXT APPOINTMENT.** There is a \$225.00 charge to replace a lost or broken appliance.

Sincerely,

Peter W. Cha, D.D.S.