

SCHWARZ PLATE

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

Your Schwarz Plate 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. It should never be left out. 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. Always keep your Schwarz Plate in your case when not in your mouth.

Your Schwarz Plate should be rinsed off after each meal. Cleaning your appliance should be done every night. Place one denture cleaning tablet into the case you were given with warm water and place your schwarz in the case. Let your appliance soak for five minutes while you brush and floss your teeth, rinse it off and place back in your mouth immediately.

Soreness of certain teeth is quite common for the first day. **A BENT WIRE OR BROKEN SCHWARZ 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 Schwarz Plate for many months. Try not to become discouraged these first few days. Speaking will improve greatly thereafter. Just be patient.

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

Sincerely,

Peter W. Cha, D.D.S.

