

Schwartz Appliance Instructions

1. Bring your appliance to **every** appointment.
2. **Wear your appliance all the time except at school** (should average to 14 hours every day). You may remove them to brush, eat and play sports.
3. For most patients, **speech will be completely normal in two or three days** with appliance in place. Reading aloud or singing to yourself can help you get use to them faster.
4. Always put your appliances in the case whenever they are not in your mouth. **Do not wrap in a napkin or put it in your pocket.** That is the number one cause of lost and broken appliances.
5. Keep your appliance out of reach of dogs and other pets. They love to chew on appliances, so keep it in a safe place.
6. Brush your appliance every day with hand soap or mouthwash. You can use denture cleanser once a week to keep them clean and minty fresh. **Do not use toothpaste.**
7. Always seat your appliances with your fingers. **Never bite them into place or flip them with your tongue.** Clicking appliances in and out of your mouth will cause them to break.
8. Keep appliances away from any heat source like: hot water, car glove compartments, microwave, dishwasher, etc.
9. Turn appliances as instructed by Dr. Erdell; 1-2 turns per week are typical for this appliance.

Your appliance should be turned _____ times each week.

10. If you are unable to wear your appliance, or you lose or break it, **please contact the office immediately at (925) 946-1951 to schedule an appointment.**