



CARRIERE DISTALIZER APPLIANCE

Congratulations! You got your Carriere today. This appliance is used to correct your bite without having to remove any of your permanent teeth.

There are a few simple rules for you to follow:

- Make sure to clean really well under the arms. Once you are done brushing, make sure you have removed all plaque and food around the appliance.
- There are floss threaders in your bag to help with flossing under the Carriere arms.
- Be careful what you eat: Avoid foods that are sticky, hard or any food that you have to tug, rip or tear with your teeth. These foods put pressure against the appliance and can break the bond of the arms.
- Wear your rubber bands **AT ALL TIMES**, except when eating. The more you wear them, the faster we can move forward with your treatment and getting your braces.
- If you have any areas that are catching your cheeks, the wax in your bag can be used to make it more comfortable.
- If anything comes loose or breaks, please let your parent know as soon as possible. Call our office to make an appointment for a repair.

As always, feel free to call the office if you have questions.