

A Cantilevered Bite Jumper (CBJ) has now been inserted to correct your bite relationship. You will notice changes to your bite over the course of treatment. The CBJ has an upper expander incorporated and this will need to be expanded daily for a period of time instructed by your Orthodontist.

### Expansion

Using your tool or spanner, turn the expander with 3 swings once per day for \_\_\_ days. Stop turning on \_\_/\_\_/\_\_.

To achieve the best result turn your expander as instructed. We expect to see a space (**up to 5 mm**) open up between your front teeth as expansion progresses. This is normal and will be closed at a later date.

### Expansion Calendar

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

When expansion is complete, right and left telescopic arms will be inserted. These are used to encourage your lower jaw forward to correct your bite. You may experience some muscle tenderness in your jaw, this should subside within a few days.

The telescopic arms can also loosen; if this occurs please tighten as per our instructions with the Allen key provided.



### **Oral Hygiene**

Good oral hygiene is important as there are more areas for food and plaque to become trapped now that an appliance has been inserted. Correct brushing is very important to clean the difficult and hard to reach areas around the molars and roof of your mouth. Ideally you should be brushing your teeth for 3 minutes, 3 times per day.

### **Diet**

Your diet is important now that your appliance has been inserted. To ensure the best possible treatment journey please follow these recommendations:

- Avoid any hard, sticky and chewy foods. Eg. lollies, chocolate bars, bubble gum, toffee, hard biscuits, etc.
- Raw fruits, vegetables and noodles should be cut into small bite sized pieces. Corn removed from the cob and meat removed from the bone prior to consumption.
- Consumption of any foods or drinks with high sugar or high acidity are to be avoided to ensure the long term health of your teeth Eg. Soft drinks, fruit drinks, energy drinks, etc.

### **Wax**

Wax is provided to you throughout treatment to help ease any discomfort your appliance may be causing you. Your appliance may rub against your lips and cheeks causing irritation or ulcers. The wax provided can be placed on the appliance to reduce your discomfort in the effected areas. Warm salt water rinses can aid in increasing the healing process. As treatment progresses, the presence of these irritations will reduce.

### **Extra Appointments**

Should issues arise throughout treatment and you require an appointment please contact our practice on (03) 9796 2794. It is important to call ahead to schedule an appointment as our peak times are between 3pm and 5pm, and we may not be able to accommodate you at your desired time. For many of these appointments you will be seen by our Dental Therapist. They work alongside our Orthodontists to ensure we can provide more comprehensive care to our patients.