

## *Important Information About Forsus Appliance*

### The Purpose of Forsus Appliance

Forsus springs promote jaw growth in adolescents and help to eliminate excessive overjet (when the front upper teeth extend over the lower front teeth). They apply a backward force on the upper teeth, while advancing the lower teeth in order to improve the way the teeth fit together. Forsus springs eliminate the need to wear a headgear and can possibly prevent the need for jaw surgery. The length of time the Forsus Appliance is worn varies, depending on the level of correction needed for each situation.



### What to Expect

Initially, you may experience mild irritation and soreness of the lips and cheeks; however, this will ease within a few days and your mouth will adjust to the new appliance. Wax can be used to cushion the springs from rubbing against your cheeks. An over-the-counter pain reliever (eg. Ibuprofen or the medication you normally take for a headache) should help to relieve any discomfort. Please call our office if tenderness or irritation continues, or if a sore has developed in your mouth and persists for longer than 1-2 weeks. The springs could cause small spaces between the teeth, but these will be closed once the springs are removed.

### Forsus Instructions

- ➡ The Forsus appliance will accommodate normal mouth opening for eating and speaking; however, avoid opening your mouth extremely wide, as the lower rods that insert into the spring portion of the appliance may separate. This can easily be corrected by opening wide again, compressing the spring, and reinserting the rod back into the spring. Further instructions can be found in the 'Emergency Care' section of our website at [www.smiles.ca](http://www.smiles.ca).
- ➡ The Forsus appliance is designed to stay away from your teeth when you open or close your mouth. If, for some reason, it gets between your teeth, do not bite on it. Please call our office if this occurs. Biting on the appliance may deform or break it, or cause injury to the inside of your mouth.
- ➡ Please examine the appliance daily and notify our office if you notice anything out of the ordinary (eg. bracket has separated from the tooth, front teeth have turned because of the pressure, spring doesn't rebound smoothly or is damaged). **If any of the appliance parts break or come off, please contact our office immediately so we can schedule an appointment to repair the problem.**
- ➡ You may continue to follow your regular diet during this time; however, avoid hard or sticky foods that may separate or loosen a molar band, and be sure to cut your food into smaller pieces. A softer diet may help if you are experiencing tenderness.
- ➡ Continue to brush and rinse your teeth after each meal, but take special care when brushing your teeth to avoid dislodging or separating the appliance.
- ➡ It is important to keep your scheduled appointments to allow us to monitor the progress of your treatment and to avoid setbacks due to breakage or overcorrection.
- ➡ Please feel free to contact our office if you have any questions.