

Motion Appliance



Purpose:

The Motion Appliance will shift your back teeth into proper position typically within 2-4 months which will greatly reduce your time in braces or Invisalign.

Use and Care:

- Wear the elastics 20-22 hours a day (full-time) except when eating. Replace the elastics 2 to 3 times a day or after every meal. Store retainer in the case provided when not in use.
- Avoid hard or sticky foods to prevent the appliance from breaking.
- Always wear the elastics with the clear retainer you are provided. Wearing the elastics without the retainer will have an adverse impact on the position of your teeth.
- Cleaning: Brush thoroughly around the metal motion appliance and clean your retainer with a toothbrush and water.
- Call our office if you lose/break your retainer or if the appliance comes loose

What to expect:

- Your teeth may feel a bit sore for the first few days. This will go away as the elastics are worn consistently as instructed.
- The teeth anchoring the elastics will eventually feel loose and small spaces may develop in front of these teeth. These changes are expected and mean that the Motion Appliance is working properly.

Tips:

- Plan ahead, take elastics to school or work. Ask for extra packages if needed.
- If you run out of elastics before your next appointment, call us and we will send more.
- Wearing elastics less than the hours requested will prolong treatment and make your teeth feel sore more often.