

CARRIERE DISTALIZER

- The Carriere appliance is designed to work with elastics. It improves the relationship between your upper and lower jaws, which helps correct your overbite.
- Good elastic cooperation is required to make the appliance work effectively. Elastics should be worn at least 21 hours/day.
- There will be a normal adjustment period of a few days that may involve some discomfort. It is recommended to have soft foods while adjusting.
- On your lower teeth you *may* have a removable clear retainer. If the retainer is lost or broken please stop wearing the elastics and contact our office. If the Carriere arm is loose please contact our office and save the bar to be recemented.
- Take care to avoid hard and sticky foods and not to chew hard foods on the Carriere arm (e.g. carrots). Remember to brush, floss and rinse regularly.

