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DENTAL CAMBRIDGE

CARRIERE APPLIANCE



PATIENT INFORMATION LEAFLET

CARRIERE APPLIANCE

What is a Carriere appliance?

The Carriere Appliance is a small correction appliance which is bonded to your teeth; metal bars and metal hooks are attached to opposing arches. A retainer is worn on either the upper or lower teeth depending on how we are trying to correct your bite along with small elastic bands to apply pressure to your teeth to guide them into position. This appliance helps with the initial movement of your teeth to correct your bite, setting them up to receive more complex orthodontic treatment with appliance such as fixed braces or Invisalign aligners. By aligning the bite before the transition to fixed braces or aligner, the total treatment time can be greatly reduced.



How do I wear a Carriere appliance?

The Carriere arms and metal hooks are fixed to your teeth using dental adhesive but the retainer and Carriere elastics are removable. Usually, the appliance needs to be worn full time (22+ hours daily), only to be taken out to eat, drink anything other than cold water and brush your teeth. It may need to be taken out for some sports if a mouthguard is being worn. The elastics need to be changed 4 times a day (after every meal and again after you brush your teeth before bed) The reason for this is to keep the appliance working effectively. How much you need to wear the appliance may change during your treatment; it is important you follow the advice given by your Orthodontist at each appointment.

The retainer should ALWAYS be worn if you are wearing the elastics. NEVER wear the elastics without the retainer in place. No plastic, no elastics.

Does having the brace fitted hurt?

No, and we do not use drills or injections - the procedure is painless, and the orthodontist or therapist fitting your appliance will talk you through the procedure before and during the process.

How long will it take me to get used to the appliance?

Every patient's experience with braces is different, however patients tend to adjust to the appliance within a few days, but it can take up to a week, occasionally a little more.

What do I do if I find the appliance uncomfortable?

It is likely your teeth will feel tender following your appliance being fitted. This means that your appliance has already begun working. Stick to a softer diet and, if necessary, you can take painkiller (such as ones you would normally take for a headache). *Please read the instructions on the packet to decide if you can take them and the dose you require.*

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Can I eat normally?

You can eat normally; however, we do advise that you adjust your diet and how you eat throughout your treatment to prevent damaging your appliance. You must remove your elastics and retainer when eating and drinking. You may only drink water with your retainer and elastics in. At the start of your treatment your teeth are likely to feel sore. Stick to a softer diet; we advise foods such as pasta, noodles, mashed potato and gravy, soups etc.



Hard, crunchy and chewy foods break braces, as well as biting nails, chewing pen lids and picking your appliance.

It is essential you avoid these foods and habits throughout your treatment.

Apples, raw vegetables etc. however can be cut up into small pieces and eaten carefully on your back teeth.

How long does treatment take?

Once you are accepted for Orthodontic care you will be expected to attend every 6-8 weeks whilst you have the Carriere Appliance. When you attend you will normally be seen by an Orthodontic Therapist, who is trained to the highest level to administer you care. All treatments take place under the prescription/supervision of your Orthodontic Specialist. Treatment will vary from patient to patient (and you will be advised of this in your assessment), but generally the Carriere appliance is needed between 6 and 9 months and then your fixed braces or aligners will be fitted. If you take care of your appliances well and follow the instructions given, progress will be much faster. Missed appointments or broken appliances will pro-long your treatment.

The retainer affect my speech?

You may make a 's' sound a bit different to begin with. This will improve as you get used to wearing the retainer and become more comfortable with-it in. You may also produce more saliva when you first begin wearing them, which will settle/reduce as you get used to it.

Do I need to continue to see my general dentist?

Yes. Please continue to visit your general dentist regularly throughout any treatment you receive under our care.

What to do if I break my appliance

Fortunately, true orthodontic emergencies are very rare.

If anything on your appliance is missing or broken such as the arms, hooks or retainer

YOU MUST STOP WEARING THE ELASTICS AND PLEASE CONTACT THE PRACTICE ASAP.

If one of your Carriere arms fall off, please keep it safe and bring it along to your next appointment.

If you require more elastics, please contact us and we shall post more out to you.

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How do I look after my retainers?

- Store away from heat sources
- If they are not in your mouth, you must keep them in the container provided. These clear retainers are easily lost
- Always put the retainers in and take them out using your fingers. Push them on firmly to ensure they are seated over the teeth properly
- Do not flick the retainers in and out of your mouth with your tongue or bite into place as this will cause them to break over time
- Do not eat or drink with the retainer in place, you may only drink cold water

How often will I need an appointment to check my brace?

You will have an appointment with your orthodontist every 8-12 weeks to have your brace adjusted and check your progress.

How do I clean them?

If you receive your retainers directly in the post, please use the enclosed tablet prior to use. When removing your retainer to eat/clean your teeth rinse the retainers with cold water and clean them using a toothbrush without toothpaste. Always keep a toothbrush specifically for cleaning your retainers. We advise using Retainer Brite or denture cleaning tablets 1-2 times weekly to keep your retainers fresh. Retainer Brite helps keep retainers fresh and clean, removes plaque and tartar, and kills bacteria.



- **DO NOT:** use hot water to rinse or place the brace near anything hot as this will cause them to shrink or distort.
- Use toothpaste as this weakens the plastic and can make them crack

*Please bring your retainer/ aligners with you to each visit**

What to do if I lose/break them?

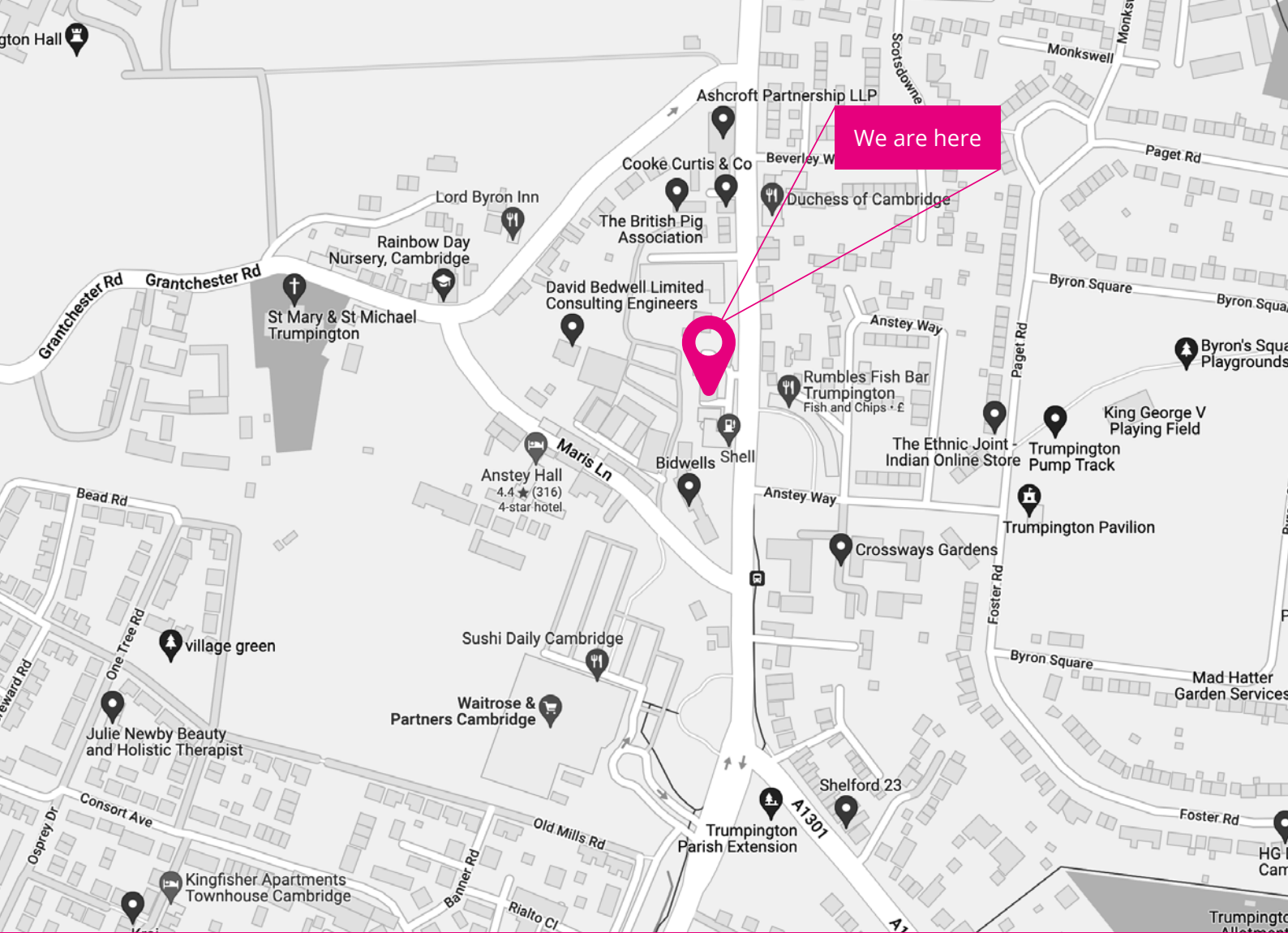
Contact the practice as soon as possible for us to arrange to see you to make new retainers.

YOU MUST STOP WEARING YOUR ELASTICS.

Please be aware:

Your first retainer is free, however there may be a charge to replace it, for example if the retainer is lost, broken or not worn as prescribed. NHS guideline prices for replacements are £84.84 each (Prices change April 1 each year)

Our Vacuum Formed Retainers conform to the relevant requirements of Annexe 1 of the Medical Devices Directive (93/42/EEC) Keep away from Direct Heat.



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