



DISTALIZATION APPLIANCE



Congratulations on your first step to a beautiful smile!!!

To make your treatment more efficient and comfortable Dr. Tesseyman has decided to use a distalization appliance at the beginning of treatment. Please read through this information carefully and let us know if you have any questions.

What is a distalization Appliance?

A distalization appliance is a bite correction appliance used before braces or aligners are placed on the teeth. The appliance focuses on correcting the way the back teeth bite together. Bite correction is often the most time consuming stage of treatment when done with braces or aligners alone. With a distalization appliance, bite correction is completed faster and more comfortably, which ultimately decreases the total time in treatment (provided the appliance is worn as prescribed). Each distalization arm (right and left) has pads that are glued to the upper canine teeth and the upper first molars (in most cases a distalization arm will be placed on the right and left side). Two braces (or buttons) will be glued to the lower first molars and will provide you with a clear removable retainer for the lower teeth. Elastics (orthodontic rubber bands) are worn from the distalization arm on the upper canine to the brace on the lower first molar. Bite correction is usually complete between 4 to 6 months.

The elastics and clear retainer need to be worn for 22 hours per day to be effective.

It is incredibly important that a lower clear retainer be worn whenever elastics are being worn with the distalization appliance.

Most important: Never wear your elastics without ALSO wearing your lower clear retainer. Doing so can cause the lower teeth to shift unfavourably and can extend treatment time.

Caring for your distalization appliance and clear retainer:

With the distalisation appliance you are able to brush as normal. Floss will have to be threaded through the distalization appliance to reach the teeth underneath. To clean your retainer, remove your retainer and use your toothbrush and toothpaste and brush it thoroughly two times per day. This is the most effective way to keep things clean.

When your retainer is in, you cannot eat or drink anything except water. Any other food or liquid can seep in between the retainer and your teeth, which can cause staining and cavities. Make sure to brush your teeth after eating/drinking and place the retainer back in.

Once the bite is corrected, the distalization appliance will be removed and braces or aligners are placed on the teeth to continue with your orthodontic treatment.

Thank you for choosing Tesseyman Orthodontics!!