

CARRIERE INSTRUCTIONS

Congratulations, you have started your orthodontic treatment! Now that the Carriere is placed it is very important to follow instructions and care for your appliance. With your cooperation we are one step further to meeting your orthodontic goals!

What's a Carriere?

- A Carriere is an orthodontic appliance used to help position the upper teeth and jaw towards the back of the mouth, and the lower jaw and teeth towards the front of the mouth.
- With **proper** compliance, the Carriere should be fixed in the mouth for 3-5 months.

What to Expect:

- Most people adjust quite well after the first week. Remember, things do get better if you give yourself time to get used to it
- The bite will change. This can be concerning at the beginning as it will take time to adjust to this change.
- Eating will be difficult for the first few days. It is a good idea to cut all foods into small pieces.
- There may be some initial soreness which should subside within a few days. However, this condition will only improve if you wear the elastics consistently.
- During treatment with the appliance the teeth may feel like they are “wiggly”. This is something that is normal and only temporary.

Instructions:

- It is recommended that you wear your elastics and retainer between 20-22 hours a day
- Do not wear elastics without your retainer
- Remove before eating and brush before putting retainer/elastics back on
- Elastics should be replaced after each meal
- Remove appliance for all beverages except water
- Avoid hard and sticky food
- Keep retainer clean - If retainer becomes discolored dilute 2 tbsps. of vinegar in half a cup of warm water and soak for 20 min.
- It is important that you brush your teeth well at all times during orthodontic treatment. We recommend that you brush 3 times a day for 3 minutes. Brush gently on ALL surfaces of Carriere and retainer.

Emergency:

- For all orthodontic emergencies, we encourage you to use our “Online Check-in” system. This can be located on our website - <https://www.auraortho.com/online-check-in/>

