



ASHBURN  
PEDIATRIC DENTAL CENTER  
(703) 726-4333

## ORTHODONTIC APPLIANCE FACT SHEET

### Forsus Appliance

The Forsus appliance consists of an upper spring and lower arm. The spring snaps into the upper molar band and the arm is crimped on the lower arch wire. The arm compresses the spring when you close your teeth together. The spring pushes the upper arch back and the lower arch forward, correcting your overjet. This appliance is not removable.

### Things to Know

- Avoid sticky foods such as taffy, caramels, gummy candies, starburst, skittles, and gum as they might loosen the appliance. Also, avoid hard foods such as ice, nuts, and hard candy as these might break the appliance.
- Your cooperation is essential to achieve the desired results. Be gentle with the appliance. The Forsus appliance works very effectively, but you have to let it work. The MOST IMPORTANT thing is to not play with it. You can open as wide as you want, but if you shift your jaw side to side, you might notice that it feels like it gets tight. If this happens, do not push it past its limit or you will break it. Also, do not try to bite on the springs when you shift side to side. Again, you will break it. The better you treat the appliance, the faster it will work and the shorter time you will need to wear it.
- Thorough, but careful, brushing around the appliance is important to keep it and your teeth clean and free from cavities. Be sure that no food remains trapped under the arms.
- Initially, your teeth might feel sore after placement of this appliance. Also, you might notice extra saliva in your mouth and slight speech impairment. This is expected and should go back to normal after a few days.
- Each patient is unique, and their needs are different. For some people, the use of an over-the-counter medicine similar to that taken for a headache can be used to help the soreness. If this is needed, it is usually only for a day or two.
- Certain areas of the Forsus appliance might bother your cheeks at first. This usually goes away after a few days, but the use of wax or wet cotton balls will help to minimize the discomfort while your mouth is adjusting. Rinsing with warm salt water or Peroxyl and the use of Benzodent will help bothered areas feel better and return to normal.
- Sometimes, when you open your mouth very wide, the lower arm will come out of the upper spring. This is easily corrected by opening wide again and using your finger or tongue to guide the arm back into the spring. It might be necessary to compress the spring slightly in order to get the arm to slide back in.
- Please call us immediately if anything feels loose or broken.

### Emergencies

If you have an after-hours emergency that cannot be resolved after following the instructions provided, please call Dr. Joe on his cell phone at (703) 597-8558.