

Forsus Functional Appliance

PERFECT SMILES ORTHODONTICS



Now that you have a Forsus functional appliance, you may have some questions you would like answered:

What is a Forsus Appliance?

A Forsus appliance is a fixed appliance that works on the upper and lower teeth at the same time. It works by pulling the top teeth back and pushing the bottom teeth forward so that your bite matches up.



Will it be painful?

It is likely to be uncomfortable for the first two weeks after the Forsus appliance is inserted.

During the first 2 weeks?

1. Rinse with warm salty water every hour (1 tsp salt to 1/2 cup warm water)
2. Reduce the rinsing to three times a day thereafter.
3. At night, place cotton rolls between the cheeks and the springs to cushion the area while sleeping.
4. Take Panadol and eat soft foods during the first 3 days to alleviate the initial discomfort.

What about toothbrushing?

It is important that you brush three times a day and use a fluoride toothpaste. If possible, carry a brush with you for use after lunch.

Keep the Forsus springs very clean by checking the entire appliance after brushing to make sure it is shiny. If plaque bacterium is allowed to remain on the appliance, it will appear dull and may cause sores (ulcers) to form inside your mouth. Please call the office if sores develop inside your mouth.



Can I eat normally?

At first, your bite will feel awkward and eating will seem different until you adjust to your new jaw position.

For your treatment to work well and in the shortest possible time, it is important that you take care of your teeth and brace. In order to prevent damage to both, you should:

- 1) Avoid eating all kinds of sugary foods, lollies and chewing gum.
- 2) Avoid fizzy drinks (including diet drinks) and excessive amounts of fruit juice.

Before and After Treatment



Before Treatment



After Treatment