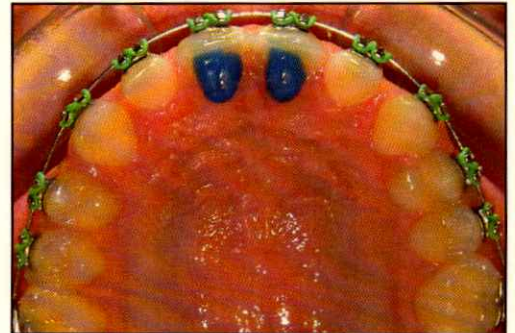
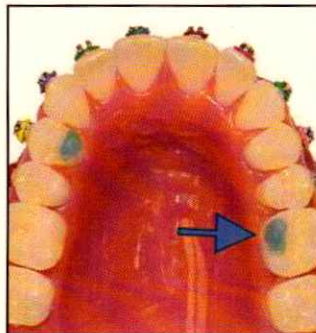


# Bite Turbos



PASHA ORTHODONTICS  
[www.pashaorthodontics.com](http://www.pashaorthodontics.com)

Bite turbos are small amounts of glue that the Doctor has bonded to the inside of the top front teeth (sometimes it is necessary to place them on other teeth in the mouth besides the front teeth). The bite turbos serve as a "bumper" for the bottom teeth to contact when chewing. They are used to correct overbites with significant overlap between the upper and lower front teeth.



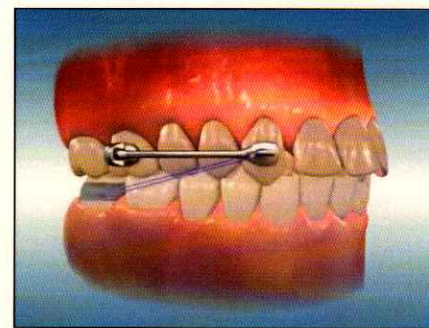
- They can reduce treatment time by up to 4-6 months.
- Bite turbos will prevent the upper teeth from banging into the lower braces. However, patients will realize that the back teeth will not be able to come together completely when chewing. This is temporary until the braces help the teeth settle into place and eventually make contact again.
- During the initial adjustment to eating with the bite turbos, you will want to eat softer foods for the first week or two until your chewing and swallowing return to normal.
- Most patients who require bite turbos do not need them for the entire time that they will have their braces. The Doctor will periodically evaluate the bite turbos and determine if they can be removed before your braces come off or not.
- It is unlikely that the bite turbos will fall off, but in the event that one or both of them do come off, please call our office so that we can schedule an appointment to have them replaced. **It is not an emergency!**

Aurora • Naperville • Plainfield



# Carriere Distalizer

The Carriere Distalizer is an orthodontic appliance developed to correct a bite without removing permanent teeth when teeth have erupted incorrectly. With an effect similar to headgear, but without the use of a bulky appliance, the Carriere Distalizer pushes upper teeth back to create a corrected bite prior to the addition of braces. An elastic band is attached from the upper bar to the lower back molars and should be worn at all times except when eating. With good elastic wear, your bite can be corrected in a matter of months, depending on the severity of your case. The Carriere Distalizer part of treatment last about 6-9 months.



## **CANDY you should NOT EAT:**

100 Grand Bar	Fruit Roll Ups	Laffy Taffy	Starburst
Bit-O-Honey	Good and Plenty	Milk Duds	Suckers
Butterfinger	Hard Licorice	Now and Later	Sugar Babies/Daddy
Candy Canes	Hard Life Savers	Oh Henry! Candy Bars	Taffy Apples
Caramel Candy	Hard Peppermint Candy	Peanut Brittle	Tootsie Rolls
Caramel Corn	Heath Bar	Red Hots	Tootsie Roll Pops
Dots	Jaw Breakers	Rock Candy	
Frozen Candy Bars	JUJUBES	Skittles	

## **OTHER FOODS you should NOT EAT:**

Whole Apples (should be cut into slices)  
Raw Carrots (must be cooked or at least sliced)  
Corn on the Cob (can be cut off the cob)  
Hard Rolls, Bagels or Breads (crust on Italian Bread)  
Ice Cubes (chewing on ice)  
Popcorn (thin husk from the popcorn kernels can get stuck beneath the braces and gums and can cause soreness and a gingival abscess)

## **POPCORN & CANDY you CAN EAT:**

Peppermint Pattie	Nestle Crunch	Puffed Popcorn
Raisinets	Kit Kat	
Reese's Peanut Butter Cups	Three Musketeers	
Hershey Bar (without nuts)	Milky Way	

## **Gum Chewing:**

Yes, you will be allowed to chew gum at a certain time when you have your braces. At the beginning of your treatment, the wires are very flexible and bend very easily. Chewing gum early in your treatment will cause your wires to pop out of the brackets and poke your cheeks and gums. Excessive gum chewing at the early stages of treatment can also cause your wires to become bent or your brackets to break off the teeth. This is why most orthodontists have traditionally not allowed gum-chewing. However, at the later stages of treatment your wires will become stronger and stiffer. Chewing sugar free gum at this time in treatment will stimulate the natural flow of saliva, and your saliva is what helps naturally clean and protect your teeth from decay. Remember, it must be sugar free gum to avoid getting cavities. Sugar free gums include brands such as Extra, Trident, Carefree, Freedent, or Dentyne. Do not chew large, thick pieces of gum such as Bubble Yum or Bazooka or hard gum balls!



# Food List



PASHA ORTHODONTICS  
[www.pashaorthodontics.com](http://www.pashaorthodontics.com)

## CANDY you should NOT EAT:

100 Grand Bar	Fruit Roll Ups	Laffy Taffy	Starburst
Bit-O-Honey	Good and Plenty	Milk Duds	Suckers
Butterfinger	Hard Licorice	Now and Later	Sugar Babies/Daddy
Candy Canes	Hard Life Savers	Oh Henry! Candy Bars	Taffy Apples
Caramel Candy	Hard Peppermint Candy	Peanut Brittle	Tootsie Rolls
Caramel Corn	Heath Bar	Red Hots	Tootsie Roll Pops
Dots	Jaw Breakers	Rock Candy	
Frozen Candy Bars	JUJUBES	Skittles	

## OTHER FOODS you should NOT EAT:

Whole Apples (should be cut into slices)  
Raw Carrots (must be cooked or at least sliced)  
Corn on the Cob (can be cut off the cob)  
Hard Rolls, Bagels or Breads (crust on Italian Bread)  
Ice Cubes (chewing on ice)  
Popcorn (thin husk from the popcorn kernels can get stuck beneath the braces and gums and can cause soreness and a gingival abscess)

## POPCORN & CANDY you CAN EAT:

Peppermint Pattie	Nestle Crunch	Puffed Popcorn
Raisinets	Kit Kat	
Reese's Peanut Butter Cups	Three Musketeers	
Hershey Bar (without nuts)	Milky Way	

## Gum Chewing:

Yes, you will be allowed to chew gum at a certain time when you have your braces. At the beginning of your treatment, the wires are very flexible and bend very easily. Chewing gum early in your treatment will cause your wires to pop out of the brackets and poke your cheeks and gums. Excessive gum chewing at the early stages of treatment can also cause your wires to become bent or your brackets to break off the teeth. This is why most orthodontists have traditionally not allowed gum-chewing. However, at the later stages of treatment your wires will become stronger and stiffer. Chewing sugar free gum at this time in treatment will stimulate the natural flow of saliva, and your saliva is what helps naturally clean and protect your teeth from decay. Remember, it must be sugar free gum to avoid getting cavities. Sugar free gums include brands such as Extra, Trident, Carefree, Freedent, or Dentyne. Do not chew large, thick pieces of gum such as Bubble Yum or Bazooka or hard gum balls!

Aurora • Naperville • Plainfield

# Expander Care Instructions



PASHA ORTHODONTICS  
[www.pashaorthodontics.com](http://www.pashaorthodontics.com)

## Expanders

Expanders are orthopedic appliances that can reshape teeth and bone. They are commonly used to correct cross-bites and narrow jaw forms. While there are many variations, expanders all serve the same basic purpose. Comprised of anchors on either side of the upper teeth and a piece spanning the roof of the mouth between, an expander works by applying gradual outward pressure on the bone and teeth of the upper jaw.

The human skull at birth is like a puzzle; pieces of fully formed hard bone are joined by softer connective tissue. One of these fissures is located at the roof of the mouth. By exerting outward pressure on this seam in the bone, a gap is created which the body naturally fills in with new bone. This creates a wider upper jaw.

Our staff will give you instructions regarding adjustments, care and cleaning of your expanding appliance.

## How do you turn or activate an expander?

Your expander was placed today, and we have provided you with a key. This key inserts into an opening in the activation portion of the RPE or Rapid Palatal Expander. Activation of an expander is usually done by a parent, guardian, or someone other than the patient.



It is easiest to have the patient lie down on a bed or couch where there is good light. Then, the patient tilts their head back so that the RPE can be seen clearly with the arrows pointing in the direction of the turn.



The key is inserted into the top hole visible until it is firmly in place.



Note that when the key is fully inserted, the bend in center of the key is no longer visible.



Follow the arrows facing towards the back of the mouth. Apply a small amount of pressure to swivel the key in their direction, completing a 90 degree turn on the key. As you turn, the fender rotates and a new hole becomes visible. The rotation stops when the key meets the back of the expander.



When the turn is complete, simply push down toward the tongue while you continue to lightly apply pressure toward the back of the mouth to remove the key. You should then see the next hole for insertion at the top. You will be given specific instructions as to how many turns to complete before the next appointment.

Aurora • Naperville • Plainfield



# Expander Care Instructions

## How long is a rapid palatal expander used?

The expansion of the palate is usually completed in 1-3 weeks. However, the appliance remains in the mouth for a longer period, generally 6-9 months, to allow the new bone that has formed time to mature. If an RPE is removed too early, some of the width gained could be lost. During expansion, a space may develop between the two front teeth. This is normal and when you stop turning the RPE, the teeth will start to come together again on their own.

## What will help during this treatment?

- The first 2-3 days are definitely the most uncomfortable. If medication is needed, **Children's Motrin or Tylenol** should be sufficient for the first few days.
- You will **learn to retrain your tongue** when speaking and swallowing. Your mouth will likely have extra saliva present for the first few weeks until you get used to having the new appliance in your mouth. Read books out loud or call a friend; it will get easier with a little practice.
- Your **eating habits will have to change**. Having an expander is very similar to having braces in that you should avoid any really hard foods and any sticky or chewy candy. These will cause your expander to come loose or even break.
- Some soft foods like bread or pasta will end up getting stuck between your palate and the expander. Remember to **rinse your mouth** out with water after eating. A Waterpik is helpful to dislodge any food that gets stuck after eating. You can purchase one at our office or any store.

## Instructions:

- Turn the **upper** expander \_\_\_\_\_ times per **day/week** for \_\_\_\_\_ **days/weeks**.  
Turn the **lower** expander \_\_\_\_\_ times per **day/week** for \_\_\_\_\_ **days/weeks**.  
Patients who have multiple turns in one day can do them at the same time before going to bed or they may find it more comfortable to do one in the morning and one at night.
- Remember to turn the key until it stops! You cannot over turn the key. Place the key in the next expander hole and push it towards the back of the throat.
- Mark your calendar when you begin your turns. If a day of turning is skipped or forgotten, do not worry. Use your calculator to add up the total number of turns so that you finish making \_\_\_\_\_ **turns** before your next appointment.

If ever you are unclear on what to do, we are here for you. Please give our office a call.

Aurora Location: 630-820-1200

South Naperville: 630-527-6000

North Naperville: 630-961-3810

Name: \_\_\_\_\_

**Daily Turning Chart**

Day #	Date	# of Turns
1		2 Turns
2		2 Turns
3		2 Turns
4		2 Turns
5		2 Turns
6		2 Turns
7		2 Turns
Stop		14 Turns Total

Now that you have completed seven days of turning the expander, it is time to **STOP** turning.  
Your doctor will determine at the next appointment if any more turns are needed.

Aurora • Naperville • Plainfield



# Herbst Appliance



PASHA ORTHODONTICS  
[www.pashaorthodontics.com](http://www.pashaorthodontics.com)

## Why do we use a Herbst Appliance?

One of the most common problems that orthodontists treat is the discrepancy that occurs when the upper teeth protrude beyond the lower teeth. This condition is often due to a small lower jaw that is set further back than it should be. With these patients, we use a Herbst appliance to reposition the lower jaw and teeth in a more ideal relationship with the upper jaw and teeth. This appliance is also designed to encourage the lower jaw to catch up in growth to the upper jaw.

## Combination Treatment

It is often necessary to expand the upper jaw to correct a crossbite that may be present when the lower jaw is brought into a forward position. These two movements can be done simultaneously by combining the Herbst appliance with a rapid palatal expander (RPE). The expander must be turned with a special key for several days as instructed until the upper jaw is wide enough. The Doctor will advise you about using the key and what to expect from this type of combination appliance. (Please refer to the Palatal Expander instruction sheet). The Herbst appliance can also be used in combination with regular braces on some of the teeth. This is often done to begin the alignment and correction of extremely crowded or rotated front teeth.

## Instructions:

- **Your Herbst appliance will be uncomfortable for the first couple of weeks. If medication is needed, Advil or Tylenol should be sufficient.**
- At first your mouth will feel unusually full and speaking will be awkward but if you practice reading or singing out loud, your speech will return to normal quickly. You will also notice an increase in the amount of saliva in your mouth, but this will decrease as you become accustomed to the appliance.
- Even though the Herbst appliance prevents the lower jaw from moving backward, opening and closing movements will still occur easily, and patients should not have any problem with lower jaw movements.
- **Do not play with the appliance with your fingers!**
- You can use wax or cotton rolls on the four screws of the appliance to improve comfort during the first 1-2 weeks.
- As with any type of braces, patients with a Herbst appliance will need to be careful about what they eat. (Please refer to the Food List instruction sheet).

Your Herbst appliance will be checked and adjusted at each of your appointments. If you develop sores on the inside of your cheeks between appointments, please do not try to adjust the appliance yourself. Use the wax and call our office for an appointment so that the necessary adjustments can be made.

