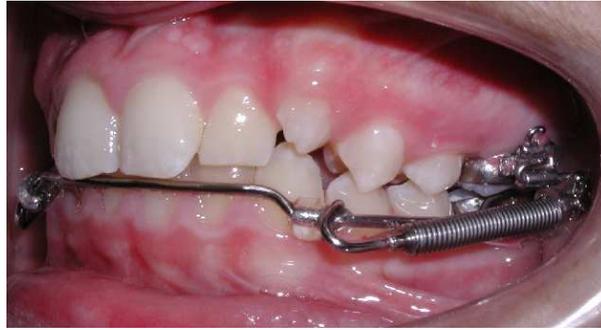


The Crossbow Appliance



- The Crossbow appliance is used to make space on the upper arch by pushing the upper molars back and bringing the lower arch forward slightly to achieve a more ideal bite relationship.
- The Crossbow is a fixed appliance that is permanently cemented in the mouth on the upper and lower arches. It includes two spring attachments that activate the appliance on both sides of the mouth between the teeth and the inside of the cheek. The springs connect the upper and lower arches to utilize the power of your jaw muscles to help do the work of repositioning the teeth in the arches.
- You will probably experience some soreness up to the first two weeks after the Crossbow is inserted. Tylenol and a soft diet those first few days will help alleviate this discomfort. At first, your bite will feel *awkward* and eating will seem different until you adjust to your new jaw position.
- **Keep the Crossbow very clean with frequent and thorough toothbrushing throughout the day and following each meal or snack thereafter. In order to achieve maximum patient comfort and ease of adjustment, special attention should be focused on carefully adhering to all of the instructions for care along with excellent hygiene after placement of the appliance.** Check the entire appliance carefully after each brushing to be sure it is shiny. If plaque bacterium is allowed to remain on the appliance it will appear dull and may cause sores to form in the mouth. Please call the office if open sores develop on the inside of the cheeks.
- **Be sure to rinse with *warm salt water* every hour for the first two weeks and then several times a day thereafter (1 tsp. salt to ½ cup warm water). Immediately after rinsing, apply the Oxyfresh gel to the cheek area.** This will help your cheeks adjust to the new appliance and will help **prevent** sores during the initial adjustment period. **At night for the first two weeks, place the cotton rolls between the cheeks and the springs to cushion the area while sleeping.**
- If anything becomes loose, it is very important to **call the office** as soon as possible.
- **KEEP IN MIND THAT EACH VISIT IS ONE STEP CLOSER TO A BRIGHTER SMILE!**