

## FRED SPRING APPLIANCE



- ◆ The Fred Appliance is a fixed spring appliance that provides a strong and consistent force for correction of the bite relationship top to bottom.
- ◆ The Fred Appliances work with a **spring type of action** to *move the upper teeth back and the lower teeth forward*. The big advantage to the Fred Appliances is that they are *working 24 hours a day to create your beautiful smile*.
- ◆ You will probably experience soreness the first few days after the Fred(s) are inserted. Tylenol and a soft diet during this time will help alleviate this discomfort.
- ◆ The Fred Appliances are **very expensive** and are **not indestructible**. **If you chew on them, they will break. If you try to bend them sharply with your fingers, or try to stretch them by opening your mouth extremely wide, they will break.**
- ◆ **It is critical to keep your Fred Appliances very clean with thorough toothbrushing after each meal or snack.** If plaque bacterium is allowed to remain on the appliance they will appear dull and may cause sores to form in the mouth. **If the sores become open or bleeding, please call the office.**
- ◆ **Rinsing with warm salt-water solution** (1 tsp. salt to ½ cup of warm water) will help the cheeks adjust to the new appliances and will also help **prevent** sores during the initial adjustment period. There are also products available through our office that can help ease the initial discomfort.

**KEEP IN MIND THAT EACH VISIT IS ONE  
STEP CLOSER TO A BRIGHTER SMILE!**