

Goshgarian Appliance (Gosh)



- ◆ A Gosh is used to create room for the upper teeth by *widening the arch* and *rotating the back molars*. The Gosh is usually worn for a **6-12** month period.
- ◆ The Gosh, which is attached to the braces on the back teeth and conforms to the shape of your palate as it crosses over, is a horseshoe shaped appliance that is activated by the tongue whenever you swallow.
- ◆ You may experience some *soreness* for the first few days.
- ◆ As the teeth move, it is not uncommon for one side to become more uncomfortable than the other due to the bite changing.
- ◆ You may see the imprint of the Gosh on your tongue, **do not be alarmed- this is normal**. Rinsing with a warm salt-water mixture (1 tsp. salt to 1/2 cup water) will help with the initial irritation this may cause. ****If you notice an open sore on the tongue or the Gosh impinging on the roof of the mouth, please contact the office.**
- ◆ Be sure to **brush well** around the Gosh to prevent gum swelling.
- ◆ **Do not play with your Gosh** with your *fingers* or pull down on it with your tongue since that can loosen or break the appliance. It is also important to follow your food list.
- ◆ **KEEP IN MIND THAT EACH VISIT IS ONE STEP CLOSER TO A BRIGHT SMILE!**