

Nance with an Uprighting Spring



- ◆ The purpose of the Nance with an uprighting spring is to anchor against the primary molars and palate while applying a force to the permanent first molar to upright the permanent tooth and allow for unobstructed eruption into the mouth.
- ◆ The Nance fits on the roof of your mouth and has an acrylic button that lies just behind your front teeth. The spring is attached to the occlusal (biting) surface of the tooth to be uprighted with an opaque temporary bonding material. Once the tooth has been uprighted, the appliance will be removed to allow for continued eruption of the tooth into occlusion.
- ◆ You may have *difficulty speaking at first*, but as you practice (reading aloud etc) it will become easier and easier.
- ◆ You may experience some *soreness* when the appliance is first inserted. Tylenol or Advil can be taken to ease this discomfort.
- ◆ **Clean your appliance daily** with your toothbrush *after each meal and before bedtime*. It is necessary to floss under the acrylic button and rinse with warm salt-water (1 tsp. salt to ½ cup of warm water) to assist in keeping the tissue on the roof of the mouth healthy. Peroxyl can be substituted as a rinsing agent.
- ◆ Remember to follow the rules of the food list to avoid loosening or breaking the appliance.
- ◆ **Do not play** with your Nance or the spring with your *fingers* or *pull on it with your tongue*, since that can also loosen or break the appliance.
- ◆ **KEEP IN MIND THAT EACH VISIT IS ONE STEP CLOSER TO A BRIGHTER SMILE!**