

# Sagital



- ◆ The purpose of the Sagital is to create space and help alleviate crowding in the lower arch. There are a few similar designs of the sagittal appliance and Dr. Wohlgemuth will determine which one is best for you.
- ◆ At each visit we will check the progress and make any adjustments necessary. After the correct space has been achieved you will continue to wear the Sagital to stabilize the teeth. You may experience some soreness when the appliance is adjusted. Tylenol or Advil can be taken to ease this discomfort.
- ◆ You may have difficulty speaking at first, but as you practice (reading aloud, perhaps) it will become easier and easier.
- ◆ **Do not be alarmed** if you see an imprint on your tongue – this is normal. The tongue resting against the Sagital when you swallow causes it. To prevent any sores rinse at least four (4) times a day (after brushing) with *warm salt water* (1 tsp. salt to 1 cup warm water).
- ◆ It is **very important** to **clean your appliance daily** with your toothbrush after each meal and before bedtime.
- ◆ Remember to follow the rules of the food list to avoid loosening or breaking the appliance.
- ◆ **Do not play** with your Sagital with your tongue *or pull on it with your fingers* since that can also loosen or break the appliance.

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