

Schwartz Plate



The three-way Schwartz Plate will widen (expand) your lower jaw and advance (move forward) the front teeth. The expansion will be completed over a period of 9 to 12 months. Once the arch is expanded the appliance is left in place for a period of time to stabilize the bone and maintain the correction. **DO NOT begin turning the appliance until instructed to do so by Dr. W.**

- **When you are directed to begin turning the appliance**, the key that we gave you is used to accomplish the turns. The key fits into each of the three screws in the appliance and each one is turned toward the center of the appliance ending under the tongue area (follow the direction of the arrows printed on your appliance). Make sure the next hole becomes visible when you complete the turn so the next time you go to turn the screws the new hole is easily accessible and the correct amount of expansion is achieved with each turn.
- **The middle expansion screw should be turned while the Schwartz plate is in the mouth unless instructed otherwise.** It is important the appliance be seated completely to assure a good fit as well as the comfort of the patient.
- You may experience some soreness upon initial placement and when the appliance is adjusted. Tylenol or Advil can be taken to ease this discomfort.
- You will wear the Schwartz plate while you are at home and while sleeping. We recommend 12 to 16 hours a day for the best result. You must be consistent and try to complete the turns at the beginning of your wearing time for that day to allow as much time with the appliance in place as possible following the turn.
- When the Schwartz plate is not in your mouth it should remain safely in its case. Do not leave it in a hot car or anywhere that heat may impact it as it will distort the appliance. Keep your case in a safe place away from younger siblings and animals.
- To clean, remove the appliance very carefully and gently brush with a toothbrush and toothpaste as you do your teeth. **Use only cold water to rinse.**
- **Always bring your appliance to check-up appointments in our office.**