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The Carriere (power arm) Appliance Patient Instructions

The Carriere is an orthodontic device developed to correct a bite without removing permanent teeth when teeth have erupted incorrectly. With an effect similar to headgear, but without the use of a bulky appliance, the Carriere Distalizer pushes upper teeth back to create a corrected bite prior to the addition of braces. A Carriere Class III device pushes the lower teeth back.

An elastic band is attached from the upper bar to the lower back molars and should be worn at all times except when eating.



1. With good elastic wear, your bite can be corrected in a matter of months, depending on the severity of your case.
2. The bar will feel very bulky for the first little while. Rinse with warm salty water several times a day for the first few weeks. Swish the water against the sore areas, and continue with the rinses until the sore area is healed. Use the ortho wax to cover any rough areas that may develop.
3. Your teeth may be sore for approximately one week. Choose soft foods, and you may also use pain medication to help ease your discomfort (Tylenol is the best for orthodontic discomfort).
4. Hard and/or sticky foods will damage and break your appliance. Please refer to the "No-no List" to make sure that you don't cause any damage by eating the wrong foods.
5. You will need to brush after EVERY meal and/or snack. Take your time to ensure that the appliance is clean and shiny with no dull spots. Check in the mirror to make sure all areas have been cleaned. If you notice any food or dull areas, it is important to clean these areas again.
6. Flossing needs to be done once a day and we suggest that you do this before bed (when you have more time). Use the floss threader to feed the floss under the bar, then floss between each of your teeth (slide the floss along to the next tooth).
7. If you experience any breakages, or damage to your appliance please call the office and report it. We may need to have you in to make a repair, or adjust your next appointment to allow time for any repairs that may be needed.
8. If you have any concerns or questions with regard to your treatment, please do not hesitate to contact any of our staff members. We will be happy to help you, and answer any questions.