

Crossbow Appliance Patient Instructions

This appliance is designed to help correct excessive overjet (when the upper front teeth protrude too far in front of the lower teeth), and is particularly useful in cases where the lower jaw is under-developed relative to the upper jaw. It replaces more traditional appliances like head-gear.



1. The springs 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.
2. Your teeth may be sore for approximately one week. Stick to a softer diet during this time.
3. If required, use pain medication to help ease your discomfort (Advil, Motrin etc).
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. Do not open wide, as the springs and rods may come apart. If they come apart, you may be able to re-connect them by guiding the rod back into the center of the spring. If you cannot re-connect them, please call the office immediately.
6. 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.
7. 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 front and back bars, then floss between each of your teeth (slide the floss along to the next tooth).
8. 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.
9. 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.