

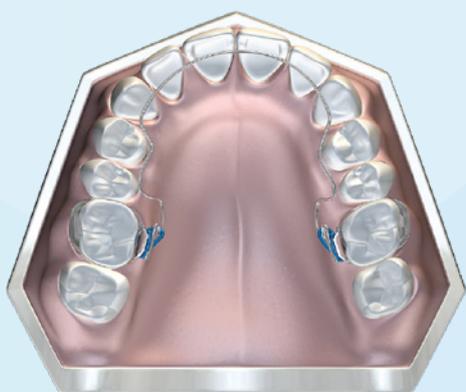


INSTRUCTIONS FOR YOUR BENT WIRE SYSTEM (BWS)

The *BWS* is designed to widen the upper and lower jaws to increase the space for the tongue in the upper jaw and to correct the arch form in both jaws. This also provides more space for the permanent teeth to move into their correct position.

The *BWS* must be used in conjunction with *The Myobrace® System* or *The Trainer System™* to work effectively and safely.

It is very important not to play with or pick at the *BWS* (wire or brackets) either with fingers or tongue. Any interference can easily bend or damage the wire and possibly cause breakages.



CLEANING

Regular cleaning both morning and night, plus after eating, is essential for good dental hygiene. Normal brushing is suitable but be aware of the wire and try not to use too much force behind the teeth as this may damage the *BWS*. Be careful when flossing around 'spacers' and the *BWS*. Again, this may damage or displace either the bands or wire itself. Clean your *Myobrace®* or *Trainer* with *Myoclean™* as described in the instruction card provided.

FOODS TO AVOID

The *BWS* is fitted with bonding material on your teeth which is strong enough to keep the molar bands on, but weak enough to be removed easily when no longer required. The *BWS* is much stronger than braces but not indestructible. There are foods that need to be avoided. Very hard foods may do damage by breaking the wire or bending the wires that are carefully designed to straighten your teeth. Sticky foods may loosen your bands or get caught under the wire. Both should be avoided. Foods containing high levels of sugar should also be eliminated from the diet as these can cause tooth decay more readily (with or without the *BWS*). When patients take care of their *BWS*, treatment time is not interrupted and can progress efficiently.

WHAT TO DO IF THERE IS A PROBLEM?

While true dental emergencies with the *BWS* are uncommon, occasionally a minor problem may occur. On the reverse page is a list of a few problems that may be encountered along the way during treatment.



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LOSS OF A 'SPACER'

'Spacers' are small rubber bands that are placed between certain teeth prior to fitting a *BWS*. It is important to avoid playing with these bands as they are necessary to gain space between the teeth to fit molar bands for the *BWS*. Quite often 'spacers' will fall out on their own accord. If this occurs within a day of your next visit, there is no need to worry as it just means there is now enough space to fit the molar bands. If there are still a few days until your scheduled appointment, you may need to get the 'spacers' replaced so that the room created is not lost or the molar bands may not fit.

INITIAL SORENESS

After the initial placement of molar bands and the *BWS*, the teeth may be sensitive, and the gums may be tender for up to one week. This is normal. An over-the-counter pain reliever such as Advil or Nurofen may be helpful in alleviating this initial soreness. If pain persists after more than 7 days, please contact the clinic. The *BWS* is checked two weeks after initial fitting, when it will be 'activated'.

BWS IS LOOSE OR 'FALLING DOWN'

Sometimes the teeth move more rapidly, so the *BWS* becomes loose. Please avoid playing with it as this may weaken the wire and can cause breakages. Usually the wire can be pushed back up behind the 'stops' placed on the teeth until your next visit. Call the clinic to make an adjustment appointment if the *BWS* cannot remain in behind the teeth.

BWS WIRE BREAKAGES

Occasionally the wire may break or even fall out. This is easily remedied by scheduling an appointment as soon as possible. If the wire breaks or one side or falls out, you can just pull it out by breaking the ligature elastics, which are the little rubber bands holding the wire into the metal molar bands.

REGULAR ADJUSTMENTS

Regular adjustments and checks are essential while the *BWS* is in place. These need to be at least once every four weeks. If you miss an appointment, it is important to make another one as soon as possible to avoid unwanted tooth movement and the wire from digging into the palate.

Once again, a reminder that the *BWS* works only if the *Myobrace*® is used EVERY day plus overnight in conjunction with *Myobrace*® Activities.

myobrace®

STRAIGHT TEETH THE NATURAL WAY