

# CARRIERE

## MOTION 3D APPLIANCE

Congratulations! You're starting your orthodontic journey with the Carriere Appliance!

### What does this mean for you?

You don't have to wear old-fashioned headgear or other bulky appliances! The Motion 3D Appliance is designed to replace these but only if you wear the rubber bands as directed.

### Living with the Motion 3D Appliance...

This sleek appliance is capable of handling normal chewing of food, BUT, like all appliances, if proper care is not taken, the appliance may become detached from your teeth.

This serves as a friendly reminder to wear your rubber bands as directed - it is very important in order to get the best results in the fastest time possible - and to keep you out of bulky headgear.

### Motion 3D Appliance Reminders

- **Replace your rubber bands often!** Every 4 hours is ideal, removing your rubber bands during meals only. Be sure to have your trusty rubber bands with you at all times.
- **If your appliance becomes detached from your tooth,** it is not an emergency, BUT, call our office during normal business hours to schedule an appointment to have it reattached.
- **Feeling discomfort or pain?** Some discomfort is common. You can take over the counter anti-inflammatory medication or anything you would normally take for a headache.
- **You should refrain from eating any hard or sticky foods** while the Motion 3D Appliance. Try to keep your food bites smaller and remember to brush and floss after every meal!
- **Try your best to keep all scheduled appointments.** Your treatment will go faster if you do. It's a great appliance, so let's hurry and show off your amazing treatment results!