

CETLIN APPLIANCE INSTRUCTIONS

The Cetlin appliance is a removable orthodontic appliance used to move upper molars. It moves the upper molars back and in doing so it creates more space for the teeth in front of the molars. It also helps the upper and lower teeth fit together better. The appliance must be worn full time and **should only be removed for short periods of time for eating and brushing teeth**. Please give yourself a few days to get used to the Cetlin appliance. It is normal to struggle a little at the beginning. The appliance is only effective if it is worn as instructed. The key to successful treatment with the appliance is to ensure that the metal spring/clip that goes between the back teeth is seated properly. This will provide consistent gentle pressure to the upper molars which will in turn produce the desired tooth movements. If the spring/clip is not seated fully the spaces will close and treatment will be prolonged as separation will be required again. *After wearing the appliance for 3-4 days, it will feel more comfortable, and it will become easier to completely seat the appliance.* Remember that each time the doctor adjusts the spring/clip it may feel different to you. This is normal. **Please note that for effective treatment with this appliance it must be fully seated.** Please do not hesitate to call our office at any time if you have any questions or concerns.

When brushing, remove the appliance, and brush your teeth. You also need to brush the appliance with your toothpaste and brush to prevent build up and keep it smelling nice. **DO NOT USE HOT WATER TO CLEAN APPLIANCE; THIS CAN CAUSE IT TO WARP OR MELT.**

Cooperation and communication are the keys to Orthodontic Treatment Success.

