**Carrier Distalizer**

The Carriere Distalizer is used to decrease Overjet / “Overbite”. Elastics are designed to help align the upper and lower teeth with each other, thereby achieving a correct bite relationship. Inconsistent use of elastics will prevent the teeth from moving. Therefore it is very important that you wear your elastics continuously with your clear Trutain retainer so that your teeth move at the most optimal and healthy pace.

Some DO’S and DON’TS…

DO:

1) WEAR THE RUBBER BANDS **ALL THE TIME** except when Eating or Brushing…or as instructed by Dr. Steinhoff

2) Always wear the Clear Retainer when using the rubber bands.

3) Wear your rubber bands and retainer when you sleep.

4) Change your rubber bands at least 4 to 5 times a day. Be sure to change them when you get up in the morning, right after every meal, and before you go to bed at night.

5) Only use the rubber bands that Dr. Steinhoff instructs you to wear. Use of any other rubber bands could prevent your teeth from moving properly and could even cause damage to the roots of your teeth.

6) If you run out of rubber bands, come by our office to pick up more or call our office and we will mail the rubber bands to you.

7) Carry extra rubber bands with you at all times so you can change them as needed or if they break.

 DON’T:

1. Don’t wear the rubber bands if the clear retainer is not in your mouth.
2. Don’t double up on rubber bands, with the thought that two (2) will work better than one. This can cause severe damage to the roots of your teeth.
3. Don’t use rubber bands after they accidentally have been through the washer or dryer.
4. Don’t wear rubber bands if you have anything loose or broken.

Remember…YOUR TEETH WILL NOT MOVE UNLESS YOU WEAR THE RUBBER BANDS THE TOTAL AMOUNT OF TIME THAT YOU ARE INSTRUCTED TO WEAR THEM!

\*It is normal to have the teeth feel mobile (loose) when wearing rubber bands during treatment.

Without your cooperation with the above instructions, there can be little, if any, improvement. With good cooperation, you can achieve the maximum result in a minimum amount of time. Teamwork between the patient, the parents and Dr. Brian is essential in order to obtain the best results. If you have any questions, please do not hesitate to ask at your next appointment or call our office.