**CROZAT APPLIANCE**

 The Crozat appliance is designed to increase room for the permanent teeth. This increased room will reduce the tendency of the teeth to overlap or crowd.

Some DO’S and DON’TS…

 DO:

1) Brush your teeth as normal. Floss all teeth possible except where the Crozat attaches to teeth. Clean around these teeth with a proxibrush. Brush your teeth with a fluoride gel every night.

2) Let us know if the Crozat is irritating the gum tissue or is not fitting properly.

 DON’T:

1) Don’t put the Crozat back in the mouth if it comes out. Please remove it completely, place it in its case, and call our office for an appointment.

2) Don’t chew anything hard, sticky, chewy or crunchy.

3) Don’t chew gum.

4) Don’t eat popcorn.

 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 the orthodontist is essential to obtain the best results. If you have any questions, please do not hesitate to ask at your next appointment or just call our office.