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MAINTENANCE PLATE

Your child has been given a plastic plate with clasps that attach to the upper arch. The purpose of this plate is to maintain the expansion achieved through the use of the expander. It is common for the back teeth not to come in contact when biting on a temporary basis. The teeth should settle together within a short period of time

The plate **must be worn at all times** except when brushing. We encourage the patient to wear the appliance when eating. If this is very difficult, the appliance can be removed for meals, then replaced immediately afterwards. **Many children find that it is easier to leave the plate in during meals than to remove it; this decreases the chance of loss.** Hard and sticky foods should be avoided when wearing this appliance. The plate should be removed when swimming in a lake, but it is okay to leave it in when swimming in a pool.

Anytime the plate is taken out of the mouth, it should be placed in a container to prevent loss or damage, and then placed in a safe place. **The biggest challenge with wearing any removable appliance is the possibility of misplacing the appliance. Make sure that your child does not wrap the plate in a napkin when eating at restaurants or at school. Very often the napkin is thrown away and with it, the retainer. Should this happen, there will be an additional charge for the replacement plate.** Also, an additional impression is needed, as dental casts are damaged when making appliances and cannot be reused.

As the plate is worn, occasionally one or both of the metal clasps break off. This is only of concern if your child cannot continue to wear the retainer in the same manner. If the clasps break and the child is unable to wear the retainer or it is uncomfortable, please call our office immediately.

The appliance should be cleaned after each meal and at bedtime with a toothbrush and toothpaste. Denture cleaner can be used to maintain the cleanliness of the appliance. **Do not use hot water as this will warp or melt the retainer. Be sure to keep all dental appliances away from pets.**

Please contact us immediately if your child has any difficulty wearing the retainer. If the child does not wear the retainer as directed, there may be some loss of the expansion that was gained during the treatment.

