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## SCHWARZ APPLIANCE

Today you or your child was given a lower expansion appliance that is called a Schwarz expander, named after the developer of this appliance. The purpose of this appliance is to upright the lower posterior teeth, usually making space for the alignment of the front teeth.

The lower expander is removable, but should be worn at all times except when the patient brushes his (or her) teeth. We encourage the patient to wear the Schwarz during meals and snacks. Avoid eating hard or sticky foods with the appliance in place. If the patient cannot tolerate wearing the appliance during meals, it can be removed, placed safely in the appliance case, and replaced immediately after eating and rinsing. The appliance should never be wrapped in a napkin, particularly when eating in a restaurant. Many such appliances have been lost in this manner.

Whenever the Schwarz is not being worn, it should be placed in its case to prevent damage. The Schwarz appliance is very fragile and can be easily distorted or broken. Great care must be taken by the patient in order to avoid breakage. Please take the appliance in and out of the mouth with your fingers. We discourage flipping the appliance around with the tongue, or biting the appliance down into place. There is an additional charge to replace a lost or negligently broken Schwarz. Should this become necessary, additional impressions **must** be taken. Dental casts are damaged when making the Schwarz and are not reusable.

As the Schwarz is worn, occasionally one or more of the metal clasps may break off. This is only of concern if the patient cannot continue to wear the Schwarz as directed. If the broken clasp is sharp and uncomfortable, or makes wearing difficult, please phone our office as soon as possible during business hours to schedule a quick adjustment appointment.

The Schwarz appliance should be cleaned every time the patient brushes his or her teeth. Toothpaste can be applied with a toothbrush. Effervescent denture cleaner (like "Efferdent") can also be used if needed. Do not use hot water, as this plastic type appliance will warp.

During the active phase of wear, the appliance should be activated once per week by turning the expansion screw 90 degrees, using the key provided, in the direction indicated by the arrow on the appliance. Please contact the office immediately if you have any questions.

