



You or your child have just received an expansion device called a “Lower Schwartz”. It will be in for approximately 6 to 9 months.

What it is

It is a removable appliance (that is you can take it out). This appliance is used to widen or develop the lower jaw by up-righting the lower molars and tipping lower incisors out

Uses

It is usually used in children who have a mixture of permanent and deciduous (baby) teeth to treat crowding by developing lower arch width. It is usually used in conjunction with the Hyrax

Patient Instruction

With your co-operation the results can be achieved in the least amount of time. Please read the Patient instructions carefully. If there are any questions about these instructions or the use of the Lower Schwartz, ask the doctor or staff member.

How To Place the Schwartz- When placing the Schwartz in your mouth, position on your teeth and then firmly “press” the Schwartz into place using your thumbs; do not place with tongue and bite into place. When removing, “ease” the Schwartz off each side and remove from mouth. Do not flip the Schwartz on and off your teeth with your tongue; it will break it.

Full-time Wear- the Schwartz must be worn full time, including while you eat

and sleep. The only exceptions are when you remove the Schwartz for cleaning and for swimming (to avoid loss).

Eat With Schwartz- Eating with the brace will give you faster results. It is extremely important the patient wear the Schwartz 24 hours a day, especially while eating. One meal is equivalent to 24 hours of wearing.

You are advised to eat eggs, cereals, soups and other soft foods for the first few days. Eating normal food with the Schwartz will become routine.

Activation

Follow these directions carefully.

1. Turn the screw two times per week. For example every Sunday and Wednesday night.
2. To turn screws, hold the Schwartz between the palm (fingers) and thumb of the left hand. Place the “key” into the screw hole and turn the screw in the direction of the arrow with the right hand. Turn the screw until it stops

What to expect

Comfort- There should be no discomfort. Full-time wear and eating with the appliance maintains proper fit. If the Schwartz is not fitting properly, it is most likely not being worn as instructed.

Difficulty Speaking- it is normal that there will be some difficulty with speech the first several days of wear. To become accustomed to the Schwartz, practice speaking and reading out loud. Speaking with the appliance will become routine.

Excessive Saliva- With full-time wear, the excessive saliva will diminish in a few days.

Tender Teeth- The Schwartz is a comfortable brace to wear. Soreness of teeth is common only the first few

days, but should soon disappear. If tenderness of the teeth continues, phone the office for an SOS appointment.

What we expect of you

Be Careful

The Schwartz is delicate and must be handled with care when out of the mouth. The Schwartz will be worn for several months. It took a great deal of time and skill to construct. Breakage will mean added expense and increased treatment time.

Safety Box- The only place for the Schwartz when it is out of the mouth is in the safety box. Never wrap up the Schwartz in a napkin or tissue.

Pets- Pets love to chew the acrylic, as it smells like their master. Do not leave where a dog or cat can get it.

Oral Hygiene

Besides your regular brushing, it is very important that you brush the roof of the mouth and the tongue. The Schwartz should also be cleansed thoroughly with a denture brush or toothbrush using toothpaste or a denture cleaner after the evening meal, before going to bed, and when getting up in the morning. Hold the Schwartz in the palm of the hand, gently clean and rinse. Do not wash in boiling water. Replace the appliance immediately after rinsing.

Denture Cleaner- The appliance can also be cleaned by placing it in a glass of water containing an Efferdent or Polident tablet.

Visits

Come to all scheduled appointments (about once a month). If you have any problems between your monthly check-ups, call our office. Do not leave the Schwartz out because it is bothering you; come by and let our staff adjust it. If you fail to wear your Schwartz, longer treatment time and the expense of new appliances will result.