



*creating beautiful smiles  
& harmonious bites*

### Instructions for Reverse Pull-Facemask Dentofacial Orthopaedic Appliance

Today you have been given a **Reverse Pull-Facemask Dentofacial Orthopaedic Appliance (RP)**. If you are able to take care to follow the instructions given then this RP can work efficiently without causing damage to your teeth.

#### When should I wear the RP?

Your RP should be worn at a *minimum* at night following dinner and all through sleep. It is ideal if worn at home all day and night (including weekends and school holidays), as it means your jaws will correct better and more quickly. The RP should definitely not be attached to the face when (1) eating (2) brushing your teeth (3) contact sports and physical play. When the RP appliance is not being worn it should be kept in a safe place and in a clean environment. Please keep your elastics in a cool dry place. Should the RP not fit comfortably on the forehead and chin for any reason, or if you are having problems attaching the elastics to the hooks, then contact us. Occasionally some patients find that for the first couple of nights the RP may 'fall off', please persist with the treatment and this problem should resolve in its own time as you get used to wearing the RP to sleep.

#### Appliance component inside the mouth - Maxillary Expansion and Hooks:

The wire parts which are inside your mouth form an important component of your treatment. You have been advised the frequency of Expansion turns. You will also see that the elastic hooks have been delicately bent so should follow fairly close to the gum line/teeth, please avoid touching or bending these yourself, if you need these adjusted away from your lips at any stage please contact us for an appointment. Wax can be used as a temporary measure if any of the wire components cause ulcers until you can see us again. For further information regarding the expansion please refer to "Maxillary Expansion" Instructions page.

#### Will the appliance be painful?

Some patients may experience minor discomfort at the start of treatment around the teeth/jaws. This will soon settle, and the RP should NOT be removed/not worn. You MUST continuously persist with wearing the RP so you can be given the opportunity to adapt as soon as possible. Within approximately a week following insertion the RP should begin to feel relatively comfortable.

#### What can I eat?

Sugary and sticky foods will damage your teeth by causing tooth decay. It is very important that you should avoid eating sweets, lollies, sugary foods and fizzy drinks.

#### How do I clean the wire parts in my mouth?

Please clean all wires in your mouth after every meal with a toothbrush and some toothpaste at the same time as your teeth. You should also use Interdental Brushes in and around the wires to remove food and plaque debris at least daily. A Fluoride based mouth rinse can also be helpful.

The RP component sitting on the forehead and chin can be occasionally wiped with a damp soft cloth then dried on very gentle heat with a hairdryer. If the chin or forehead pads need replacing please advise our friendly staff.

Please bring the RP to all your appointments so we can continue to check it for you. Initial wear can be challenging for some, however please remember to focus on the correction we want to achieve for your jaws and teeth. With good co-operation and consistent diligent wear of your appliance we can try to maximise the best treatment outcome.

**If you have any concerns or questions please do not hesitate to contact us on ph: (03) 9576 9000**

**Limited Afterhours Urgent Contact text Dr Lim ph: 0407709987**

**Dental Emergencies call Royal Melbourne Dental Hospital ph: (03) 9341 1000**

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