



FORSUS

Instructions

WHAT ARE FORSUS SPRINGS?

A Forsus is a spring appliance that attaches from your top braces to your bottom braces. It is designed to help correct your bite by moving your teeth. In some cases, it may eliminate the need for extraction of permanent teeth.



WHAT TO EXPECT

OPENING AND CLOSING

The Forsus will accommodate the normal movements of your mouth when eating and talking. However, it is recommended you avoid opening your mouth extremely wide, otherwise the rod may pop out of the tube (see the problems section for how to resolve this).

IRRITATION

As the springs are new, they may irritate your cheeks for a few days. Use the pads provided to prevent this, put them in just before bed. Use warm salt water rinses to help heal any irritations that occur.

PRESSURE AND YOUR BITE

When placed and reactivated, you may feel pressure in your jaws and just in front of your ears. Your bite will also feel different. Take what you normally would for a headache and this should subside in a couple of days.

EATING

Eating may be difficult for the first week or so. Cut food into small pieces and eat soft foods until you are more comfortable. You must avoid sticky, chewy, hard foods (see list) and sugary foods and drinks.

Hard food	Sticky food	Whole food
Ice cubes	Sticky lollies	Apples
Nuts/nut bars	Minties	Carrots
Popcorn kernels	Fantales	Crusty rolls
Pretzels	Toffees	Bones (pork crackle, spare ribs etc)
Hard shell tacos	Liquorice	Corn on the cob
Corn chips	Caramels	
Hard chocolate	Muesli bars	
Nail biting		
Pens and pencils		

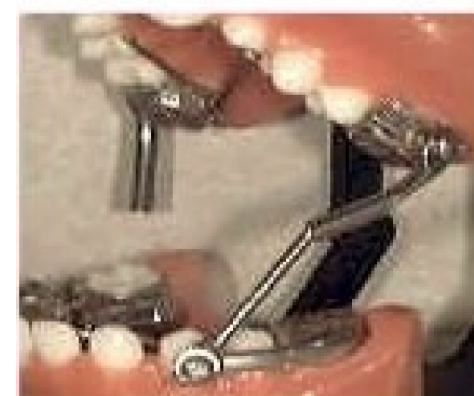
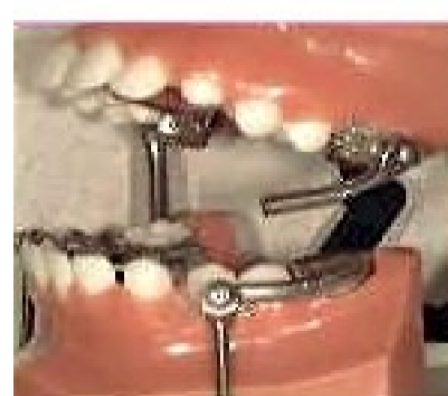
CLEANING

Your Forsus springs need to be cleaned at **least twice a day**, every day. Brush the whole appliance the same way you brush your teeth. Use interdental brushes to clean between the springs and your teeth. When at school, rinse your mouth out with water after eating.

PROBLEMS

The most common problem is the rod coming out of the tube when you open your mouth too wide. This can be fixed at home by following these steps:

1. Open as wide as possible
2. Align the rod and the spring tube
3. Slide the rod back into into the spring tube



If you have any problems please contact our friendly team on [9297 6823](tel:92976823) or email reception@ebortho.com.au.