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**Betsy Meade D.D.S., M.S • 2780 Packard Road • MI • 48197 • (734) 481-1060**

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*Diplomate of the American Board of Orthodontics*

*Practice Limited to Orthodontics / Dentofacial Orthopedics*

## **Your Schwartz**

### **PURPOSE**

The Schwartz is a removable expansion appliance used to widen the lower dental arch while uprighting the molars and tipping the lower incisors out in order to improve the bite and / or create more space for crowded teeth.

### **ACTIVATION**

Turning the inner screw with a special key activates the expansion appliance. Activate the appliance only twice a week (for example: every Sunday and Wednesday).

**TO ACTIVATE:** Hold the Schwartz in the palm of your hand. Place the “key” into the hole and turn in the direction of the arrow. Be careful not to undo the turn as you remove the key.



### **EATING**

You may remove the Schwartz when you eat. Be sure to place it in your retainer case when it is not in your mouth, and put the Schwartz back in your mouth as soon as you’re done eating.

### **CLEANING**

It is very important to keep your appliance clean. Scrub your Schwartz thoroughly with your toothbrush and toothpaste at least once a day. It is very important to keep your appliance clean so that redness and soreness does not develop.

### **SPEECH**

Your removable expansion appliance will usually alter speech for several days as you get used to it. We strongly recommend slowly reading out loud for 5 to 10 minutes each night to practice your pronunciation. This speeds up the adaptation process.



### **COMFORT**

There should be minimal to no discomfort. Full time wear of the appliance maintains proper fit.

### **BROKEN OR LOST APPLIANCE**

If the appliance is lost, call our office for an appointment right away. If the “key” is lost, feel free to visit the office to pick up a new “key”, or call so a “key” can be sent out to you.