

Forsus Appliance



- Getting used to your springs will take approximately a week.
- Some irritation and discomfort may occur. Take Tylenol or Advil as needed. Please call the office if the discomfort continues beyond several days.
- The springs may irritate your lip and cheek at first. You can use Brace Relief on sore spots.
- When your lower jaw is being brought forward, it may feel like your teeth do not fit. This feeling will go away in a few days.
- If a rod disengages from the spring, compress the spring and reinsert the rod.



- If you have trouble reengaging the spring, or have any breakage, you may secure it with elastics or dental floss.



- Always be careful about what you eat. Avoid hard, sticky or gummy foods, and be sure to cut your food into smaller pieces.