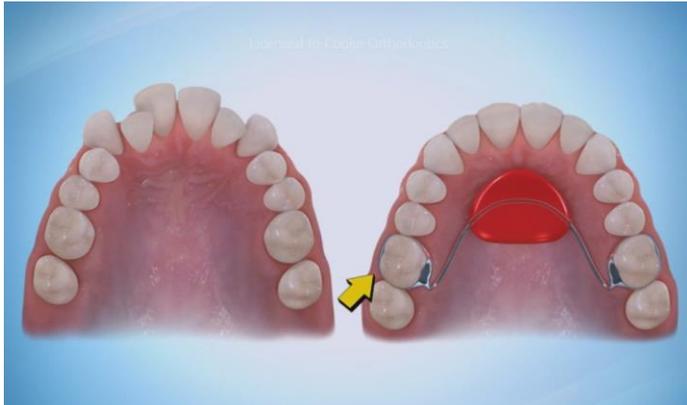


Nance Appliance



The Nance appliance is a very effective retainer that prevents the back teeth from moving forward.

It is important that an extra effort be made to clean the appliance in the roof of the mouth. This will prevent the gums around the Nance appliance from getting inflamed and swollen.

Speech will return to normal after the first few days. In order to prevent irritation during sleep, you may place wax on the cheek-side of

the teeth that have metal bands.

You should not drink any carbonated beverage as the carbonation can dissolve the cement used to cement bands to the teeth. We also ask that you NOT eat anything which fits into the category of "hard, sticky or chewy." Below we have listed some foods which we would like for you to avoid. **This list does not include all foods to avoid.** It is only a guideline to help you become more selective about the foods to be eaten to prevent damage to the appliance. In addition to these foods, **pens, pencils, ice or anything hard** which you put into your mouth can also damage the appliance or your teeth.

Hard Foods:	Popcorn, Nuts, Peanut brittle, Hard taco shells, Doritos, Nachos, Pizza crust, Breath Mints, Ice, etc.
Sticky/Chewy Foods:	Caramel, Chewing Gum, Bubble Gum, Taffy, Jolly Ranchers, Skittles, Gummy Bears, Licorice, etc.

There are still many things that you CAN eat with your orthodontic appliance. For example, fruit, raisins, Hershey Kisses, Nestle Crunch bars, Three Musketeers, M&M's (not peanut or almond), Reese's Peanut Butter Cups or Pieces, Peppermint Patties, Cotton Candy, Ice Cream, Frozen Yogurt, Brownies (without nuts), etc.

It is a good idea to brush your teeth soon after eating a meal or snack to remove the food from around your teeth, gums and appliance. If you are unable to brush, then rinse well with water.

Please feel free to call us with any questions you may have!