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**SPECIALISTS IN APPLIANCE THERAPY FOR ADULTS AND CHILDREN**

## ADJUSTMENT INSTRUCTIONS FOR: THE SAGITTAL APPLIANCE

### INSERTION OF APPLIANCE:

1. You may have to adjust the acrylic for the proper bite. If a bite was used, this adjustment will be minimal. The patient should hit evenly on the appliance.
2. If needed, tighten the Adams Clasps with a Bird Beak Plier for increased retention.
3. Have the patient wear the appliance for 1 to 2 weeks with no activation to allow the appliance to settle in.

### PATIENT INSTRUCTIONS:

1. This appliance should be worn 24 hours a day. It is most important to wear the appliance while eating. Chewing creates the force to move the teeth. One half hour eating with the appliance in place is more beneficial than 20 hours of wear while not eating.
2. The patient should turn each screw one turn every 4 days in the direction of the arrow. This may vary from patient to patient.
3. To clean the appliance, brush it after each meal with tooth paste.

### DISTALIZING THE POSTERIOR SEGMENT:

It is important for the lower cuspids and/or laterals to have solid contact on the upper anterior acrylic portion of the appliance. The appliance should be checked with articulating paper and any heavy posterior contact should be relieved with a bur. The cuspid retraction wires should not contact the cuspids until there is enough space to begin to move them into position.

### LABIAL CROWN TORQUE:

The appliance should be adjusted so there will be solid contact in the posterior area and the lower cuspids and/or laterals should hit heavy on the upper anterior portion of the appliance. The acrylic adjacent to the lingual surface of the palate behind the roots of the teeth being moved forward, should also be relieved and the cuspid retraction wires should contact the cuspids. The acrylic adjustment should be carried out approximately every 3 to 4 weeks.

### PREMAXILLA DEVELOPMENT:

The appliance should be adjusted so there is solid heavy contact in the posterior area and with the lower cuspids and/or laterals. The acrylic adjacent to the lingual surface of the palate behind the roots of the anterior teeth should be left intact for maximum movement of the premaxilla, and the cuspid retraction wires should contact the cuspids.

FOR ADDITIONAL ADJUSTMENT INFORMATION ABOUT THIS APPLIANCE  
AND MANY MORE, VISIT OUR YOUTUBE CHANNEL AT:

[www.youtube.com/ OhlendorfApplianceLab](http://www.youtube.com/OhlendorfApplianceLab)

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