



Esprit Appliance



Forsus Appliance



Things to Know about Bite Springs

The spring device(s) attached to your braces are designed to improve your bite. These springs temporarily take the place of wearing elastics. Here are some things you should know about them:

- If you open wide sometimes the parts will separate. Simply reinsert the wire member into the spring tube. If you are unable to do so, call the office. This video link may be helpful (Hat tip & video credit to, Richard Mori):



- The front and back ends of the spring can contribute to mouth sores. Please allow a few days to see if these sores disappear. Try to place wax over the offending areas of the bite spring. Wax adheres best to dry surfaces. Over-the-counter pain remedies such as acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) can help during this time. If mouth sores persist, please call the office. It is rare for the coils of the spring to cause mouth sores. If sores persist or you notice visible facial swelling (rare), please call the office at **(801) 513-7786**.
- Springs are in place an average of 6 months. Each patient's case is different, so you may have your spring(s) in place for more time.
- Do not play with the springs! Keep fingers and tongue away from your bite correcting springs. Springs are expensive to replace. You may be charged for the replacement of damaged or abused springs.
- SPORTS If you play a sport for which we recommend a mouthguard (football, basketball, soccer, hockey, rollerblading, rollerskating, skateboarding, boxing, etc) and you are unable to use your mouthguard with your springs in place, please schedule an appointment immediately. Bring your mouthguard with you to the appointment. We may be able to recommend a new mouthguard or adjust your existing mouthguard.
- Always come to your scheduled appointments! The springs will be removed or deactivated at the right time. If you fail to come to your regularly scheduled appointments or do not have your appliances, including bite springs, checked regularly by your orthodontist, irreversible and undesirable changes may occur. Bite Springs are safe, effective and often the most convenient way to improve a bite. However, this is only true when under the regular supervision of a trained professional.