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Schwarz Appliance

Why Do I Need A Schwarz Appliance?

A jaw that is too narrow causes part of your orthodontic difficulty. Because you are still growing, Dr O'Callaghan will use a Schwarz Appliance to guide your natural growth and widen your jaw. This will also create more room for your crowded teeth and ensure that your upper and lower teeth fit together properly.

What Is A Schwarz Appliance?

- A removable expansion appliance that has an expansion screw.

How Do We Fit A Schwarz Appliance?

- An impression of your teeth will be taken so that the Schwarz Appliance may be constructed.
- Once the Schwarz Appliance has been constructed, it will be inserted into your mouth.

Getting Used to The Schwarz Appliance

- Your brain will think that there is food in your mouth and excess saliva will be produced.
- Initially, you will be slurping excessively, but this should subside within 2-3 days as you become more accustomed to your Schwarz Appliance.
- Also, your speech may be affected, as your tongue can no longer rest in its normal position. It is important for you to practice speaking aloud, speaking slowly and pronouncing each word carefully.
- After 2-3 days, you will become accustomed to your Schwarz Appliance and you may even forget that it is in your mouth!
- If any areas become tender, please call Dr O'Callaghan's Rooms and an appointment will be made to adjust your Schwarz appliance.

How Do I Clean My Schwarz Appliance?

- It is important to remove your Schwarz Appliance when you are brushing your teeth.
- It is very important for you to clean your Schwarz Appliance extremely carefully. If food is not effectively removed from your appliance, it may cause dental decay and gum problems.
- Normally you use only your toothbrush, toothpaste and cold water to clean your Schwarz Appliance.
- Never use hot water or chemicals to clean your Schwarz Appliance. This will distort your appliance and a new appliance may be required.
- However, commercial plate cleaning products can be purchased from your chemist (or some supermarkets) e.g. Polodont or Steradent. When using these products only use them with cold water.
- Soaking the plates in undiluted white vinegar (not brown) for 30 min may remove any residual white spots (calculus) and remove unpleasant odours and flavours.
- Please ensure that you do not forget to brush and floss the rest of your teeth as usual
- It is important that you brush and floss your teeth after every meal, in the morning and before you go to bed at night!

What Should I Eat Now that I have My Schwarz Appliance?

- Initially, the Schwarz Appliance will affect your bite and it will take 2-3 days to become accustomed to your new biting pattern.
- Your Schwarz Appliance is delicate and easily damaged. It is important to replace your appliance in the case provided, each time it is removed from your mouth.
- It is important that you remove the appliance before main meals, but you may have snacks while wearing your Schwarz Appliance.
- Please do not forget to clean your teeth and replace your Schwarz Appliance once you have finished eating.
- **Please avoid:**

Hot Liquids such as soup or hot drinks while you are wearing your Schwarz Appliance

Sweet Drinks such as Coke, Diet Coke, Pepsi, Diet Pepsi and any sports drinks

Chewing such foods as chewing gum

Turning My Schwarz Appliance

- Your Schwarz Appliance should be turned the same day each week if instructed by your orthodontist. It is a good idea to mark it down in a calendar or diary.
- Your Schwarz Appliance must be removed from your mouth prior to turning.
- You will turn the screw each week with a small key until the upper arch has attained the desired width.
- The key is inserted into the screw and is pushed towards the back of the plate until the next hole appears in the screw.
- Release the tension on the key and it will separate from the screw.
- Well done! You have just completed one whole turn.
- After the turn has been completed, replace your Schwarz Appliance into your mouth. There may be a tightness sensation that will pass with continued wear.
- Never turn the key more than once per week.

What Happens If I Break My Appliance?

- Broken or dislodged appliances are likely to occur from time to time during your orthodontic treatment. If there is any disturbance such as loose bands, broken or poking wires, please call our Rooms and we will evaluate the urgency of your problem and schedule an appointment accordingly. In fairness to the other scheduled patients, we are **unable** to see you for unscheduled appointments **before or after** school. These appointments will need to be made during school hours.