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**SCHWARTZ INSTRUCTIONS**

**PURPOSE:** A removable expander used to correct crowding of the lower front teeth.

**WEAR:** 24 hours a day unless instructed otherwise.

**EATING:** The Schwarz should not be worn while eating and should be removed to brush.

**CLEANING:** The Schwarz should be brushed with a toothbrush and toothpaste. It may also be soaked in any denture cleaning product such as Efferdent or Polident.

**STORAGE:** While the Schwarz is not in your mouth it should **ALWAYS** be kept in its case.

**EXPANSION:** Your Schwarz has expansion screws and should be activated two times per week.

**ULCERS OR PRESSURE POINTS:** If you develop an ulcer or sore spot on your gums from the Schwarz, please call the office and we will be happy to adjust it for you. If possible, please continue to wear the appliance until you arrive at the office – this will help in locating the problem area and prevent loss of progress.

**IF YOU ARE UNABLE TO WEAR THE APPLIANCE DUE TO ULCERS – DO NOT CONTINUE TO TURN THE SCREW.**

**CAUTION:** Playing with the front expansion screw with your tongue will cause your lower Schwarz to unwind. Please **DO NOT** do this!!!