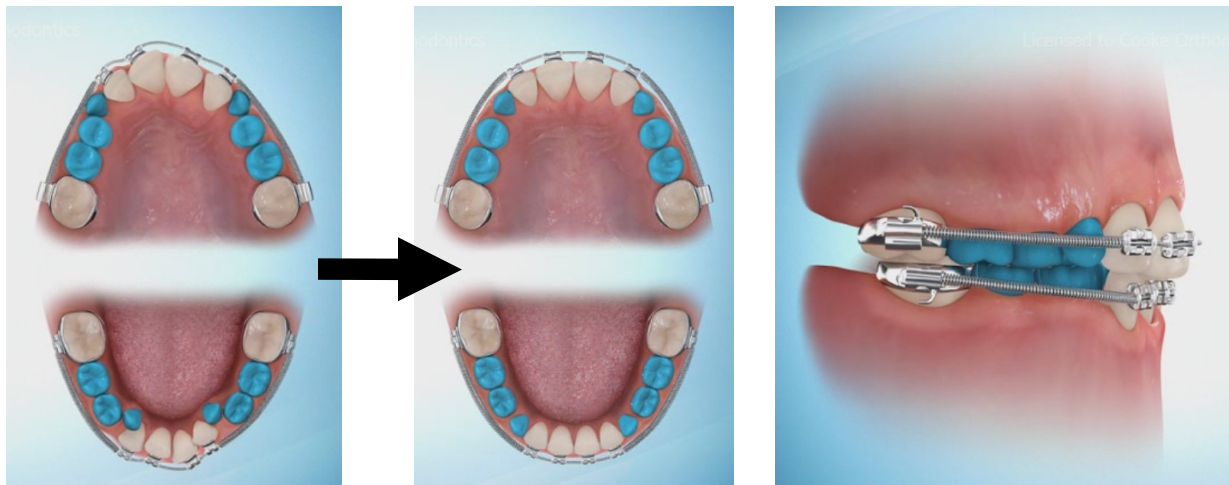


## 2x4 Appliance



The 2x4 appliance is utilized frequently in the first phase of treatment.

### Applications:

1. It can align the teeth and close spaces
2. It can be used to create room when there is severe crowding or when a tooth is lost early.
3. It can close open bites with the help of rubber bands.
4. It can open a deep bite when there is too much overlap of the front teeth.

As you can see in the pictures above, braces are placed on the four front teeth and then either bands or brackets are placed on the two to four back teeth. Appliances can be used in both the upper and lower arch of teeth or selectively in one arch only.

A spring may be placed between the molars and the incisors. This pressure helps create room for the adult teeth that are still in the bone.

The patient may experience pressure when first placed and then a little discomfort as the teeth align. To maximize the 2x4 appliance, patient and parents must know how to care for it properly by following these instructions:

### Diet

1. No hard or sticky foods (corn chips, hard candy, caramel, gum, taffy, peanuts, etc.)
2. No carbonated drinks. When an exception is made, carbonated drinks must always be diet or sugar free.
3. Limit highly sweetened foods (cake, pie, ice cream, cookies) and brush after or rinse with water.
4. **Please note that this list is not all-inclusive.**

### Care

1. Brush teeth at least 3 times daily.
2. Use a water pick or floss, to remove food caught underneath the appliance at least 1 time per day.
3. Watch your diet and contact office if bands come loose or anything breaks.
4. Warm salt water rinses are helpful for sores.
5. Use rescue wax for bands until cheeks get used to new appliance.

If either bands or brackets feel loose or different, please call for an appointment to see Dr. Cooke. If a loose band is not repaired, it can lead to cavities. If you have any questions regarding your appliance or treatment, do not hesitate to ask.