

# Types of Appliances



## Elastics (Rubber Bands)

Wearing elastics (or rubber bands) improves the relationship of your upper and lower teeth helping them bite together correctly. Wear rubber bands as instructed, and remember that the rubber bands work far more efficiently if they're worn as prescribed.



## Headgear

Headgear is used to treat growing patients whose upper teeth are forward of their lower teeth. Headgear gently "pulls" on your teeth to restrict further forward growth of your upper teeth and jaw, allowing the lower jaw to 'catch up'.



## Advansync Appliance

The Advansync appliance reduces overjet by encouraging the lower jaw forward and the upper molars backward. This fixed appliance is used mostly for younger, growing children and is worn for about 12 months.



## Palatal Expander

The palatal expander "expands" (or widens) your upper jaw by putting gentle pressure on your upper molars each time an adjustment is made. Your orthodontist will instruct you about when and how to adjust your expander. When you achieve the desired expansion, you will wear the appliance for several months to solidify the expansion and to prevent regression.



## Retainers

Retainers may be removable or fixed. They hold your teeth in their new, correct positions after your teeth have been straightened. Your orthodontist will instruct you on how to care for your retainer and about the duration of the wear. Wearing your retainer as directed is crucial to prevent regression of your treatment.



## Separators or Spacers

Separators are little rubber doughnuts that may be placed between your teeth to push them apart so that orthodontic bands may be placed during your next appointment. The separators will be removed before we place the bands. Separators do not mix well with sticky foods, toothpicks, or floss.