



**MENAI**  
**ORTHODONTICS**

BEAUTIFUL CONFIDENT SMILES

## Carriere Motion Appliance Information Sheet

### What is the Carriere Motion appliance?

The Carriere Motion appliance is an orthodontic appliance which is fixed in the mouth to promote favourable dental change. Designed to create a Class I dental occlusion and is ideal for resolving overbites and underbites where minimal skeletal change is required, the Carriere Motion appliance may even reduce the requirement for extraction of permanent teeth.

### What does the Carriere Motion appliance look like?

The Carriere Motion appliance is a smooth metal 'arm' which usually attaches to the third and sixth tooth. A clear removable retainer will also be positioned on the opposing jaw, which will have a button fixed on the back tooth to connect removable elastics.



Overbite correction



Underbite correction

### How does the Carriere Motion appliance feel?

As with all orthodontic appliances, it will take time to become accustomed to the Carriere Motion appliance. Initially, most patients experience increased saliva flow and some tenderness with teeth and jaw muscles. The first seven days are usually the most difficult and any discomfort can be managed with paracetamol or ibuprofen. If the inside of cheeks feel uncomfortable, dental wax can be placed over the appliance to provide relief.

### What's the best way to take care of the Carriere Motion appliance?

During treatment with the Carriere Motion appliance, it is important to avoid eating sweet, hard or sticky foods as these increase the chance of decay and can cause the appliance to loosen.

It's also essential to maintain your regular oral hygiene routine, that is, brushing teeth twice daily for between two and four minutes. Brush around the appliance, being sure to clean teeth, gums and the fixed appliances. We also recommend rinsing after meals or snacks to help remove any food caught around the appliance or under the removable retainer.

The removable retainer and elastics are only to be taken out for eating and cleaning teeth. As elastics get 'tired' quickly, they need to be replaced at least twice daily making it important to have a good supply with you at all times. We also advise keeping the removable retainer in its case when not in use, as they are lost easily (and dogs love to chew them!). Wash the retainer with cold water twice a day when brushing your teeth to keep it hygienic.

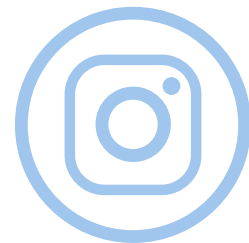
### How long will I need to wear the Carriere Motion appliance?

While it's difficult to predict exact treatment duration because every individual's needs are different, a good rule of thumb is the more you wear the removable retainer and elastics, the better the results. Typically, this treatment phase lasts around six months. Once completed, braces or Invisalign treatment will commence to correct bite and align teeth. This second phase of treatment usually takes approximately eighteen months to complete.

For more information regarding appliances, including the Carriere Motion appliance, please refer to the Resources section of our website at <https://www.menaiortho.com.au/> or call us on (02) 9543 3680.



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