BANKHEAD & FIRTH
ORTHODONTICS

CS Springs (Class II & III Corrector)

The CS springs are designed to correct your bite. Because these are attached to the wires, they will constantly be working. It is normal to feel pressure when you close your teeth.

It is very important that you do not open too wide or overextend the springs as they will get stretched out and can break. Make sure you are not playing with the springs as well to prevent them from breaking.

If your cheeks get sore from the springs, place a small piece of wax over the area; especially while you sleep. This wax will act as a bandaid for your cheeks. If it does not improve, call us and come in for an adjustment.

At first, you may find eating to be challenging. You may need to eat softer foods and smaller bites. This will improve significantly in the next few weeks.

Just like when you started braces you need to avoid hard foods (ice, jawbreaker, etc.) and sticky foods (caramels, bubblegum, etc.). This becomes extra important as eating these things can cause your springs to break or become loose.

You will need to spend more time brushing your teeth now that you have your spring appliance. Making sure to brush inside both the upper and lower teeth and around the outside of the bands. Don't forget all the other surfaces as well.

If the appliance breaks over the weekend, call on Monday morning and we will make an appointment. If it is causing you pain, then please call our emergency phone. There will be an additional charge for broken springs, so please be gentle with your appliances.

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