

YOUR NEW CARRIERE MOTION 3D APPLIANCE

Congratulations!

Your orthodontist has chosen to include the *Carrieré*® *MOTION 3D*™ Appliance as part of your orthodontic treatment.

What does this mean for you?

You don't have to wear old-fashioned headgear or other bulky appliances! The *MOTION 3D* Appliance is designed to replace these but only if you wear the rubber bands as directed.

Living with the *MOTION 3D* Appliance...

This sleek appliance is capable of handling normal chewing of food, BUT, like all appliances, if proper care is not taken, the appliance may become detached from your teeth.

This also serves as a friendly reminder to wear your rubber bands as directed – it is very important in order to get the best results in the fastest time possible – and to keep you out of bulky headgear.

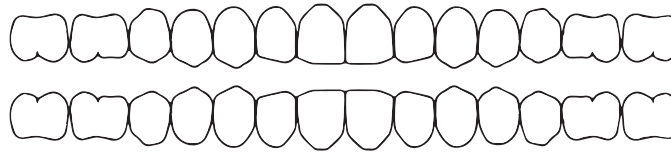










MOTION 3D Appliance Reminders

- **Replace your rubber bands often!** Every 4 hours is ideal, removing your rubber bands during meals only. Be sure to have your trusty rubber bands with you at all times.
- **Always wear your lower retainer when wearing the elastics.** Everything is working together to correct your bite.
- **If your appliance becomes detached from your tooth, it is not an emergency, BUT,** you should call your orthodontist during normal business hours to schedule an appointment to have it reattached.
- **Don't worry if your tooth becomes a little loose or wiggly.** It is normal for your tooth (with the *MOTION 3D* Appliance attached) to become a little wiggly during treatment. It is a sign you are wearing your elastics properly, and your teeth are moving!
- **Feeling discomfort or pain?** Some discomfort is common. Please call your orthodontist and ask for advice or help if necessary.
- **You should refrain from eating any hard or sticky foods** while wearing the *MOTION 3D* Appliance. Try to keep your food bites smaller and remember to brush and floss after every meal!
- **Try your best to keep all scheduled appointments.** Your treatment will go faster if you do. It's a great appliance, so let's hurry and show off your amazing treatment results!



MOTION 3D Appliance Rubber Band Usage



	PATIENT'S RIGHT		PATIENT'S LEFT	
	Size	Duration	Size	Duration
Permanent Dentition	<input type="checkbox"/> Force 1 (6 oz. 1/4")	<input type="checkbox"/> 24 hours 	<input type="checkbox"/> Force 1 (6 oz. 1/4")	<input type="checkbox"/> 24 hours 
	<input type="checkbox"/> Force 2 (8 oz. 3/16")	<input type="checkbox"/> Night 	<input type="checkbox"/> Force 2 (8 oz. 3/16")	<input type="checkbox"/> Night 
	<input type="checkbox"/> _____	<input type="checkbox"/> Day 	<input type="checkbox"/> _____	<input type="checkbox"/> Day 
Mixed Dentition	<input type="checkbox"/> Force 1 (6 oz. 1/4")	<input type="checkbox"/> 24 hours 	<input type="checkbox"/> Force 1 (6 oz. 1/4")	<input type="checkbox"/> 24 hours 
Special Instructions				

Watch how to connect your rubber bands!

