



Airway Center

Breathe Easy

— Key Turning Guide —

All Upper Airway Appliances

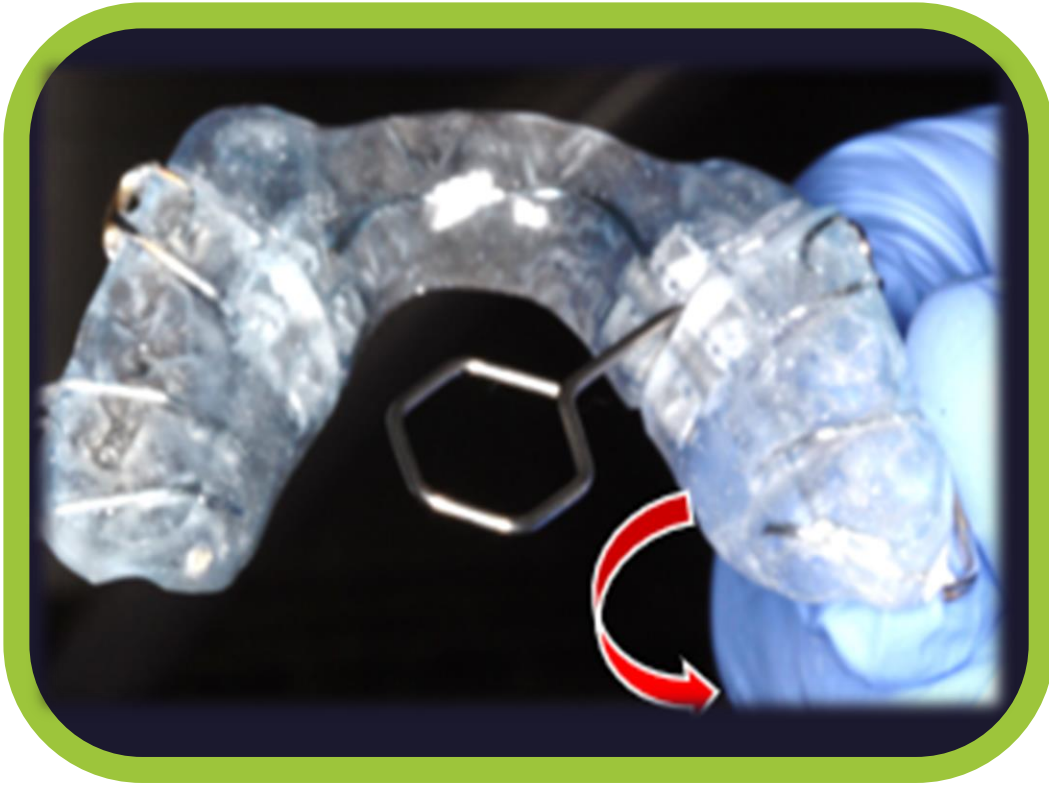
1

Hold the appliance so the smooth side is up towards the ceiling, tooth side down towards the floor.

Look for the faint arrows pointing down towards the floor (this is the direction you will be turning the key)



2



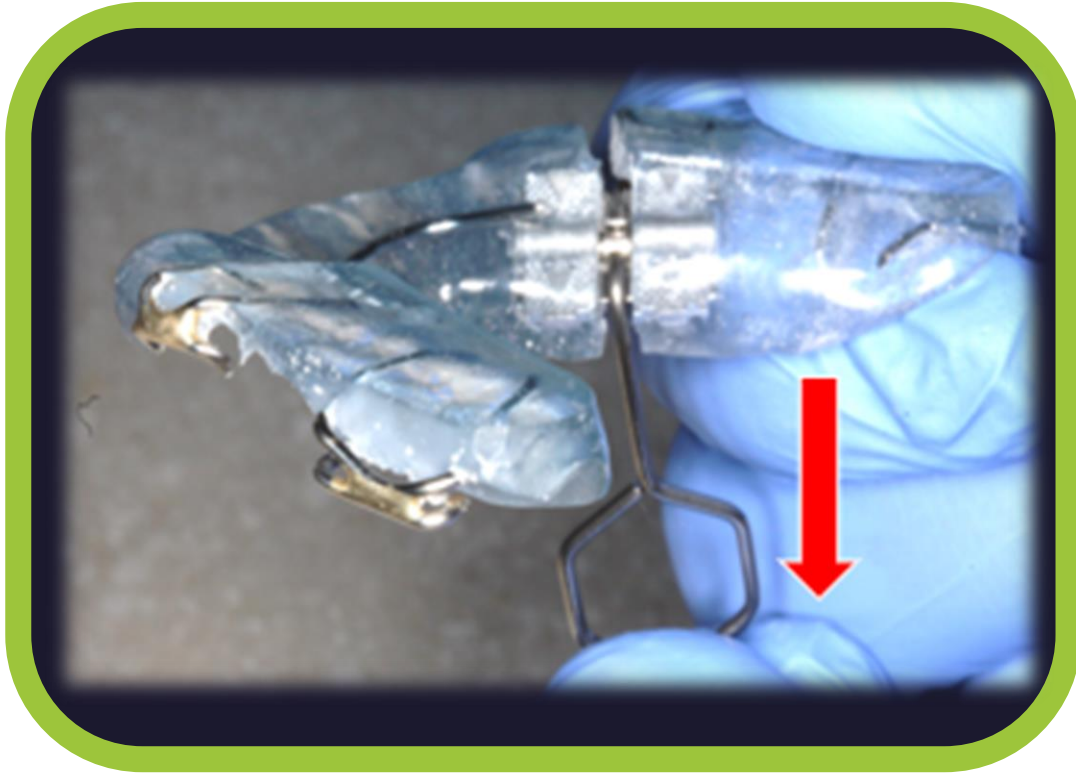
Hold appliance under the screw your about to turn, this will insure you don't put too much pressure and break or crack appliance. Insert key in the small hole Located in the gap between the smooth surface of appliance.

Turn the key down towards the floor to about 90 degrees. This is one full key turn.

3

When the key head is facing down and has been turned as far as it will allow (about 90 degrees), you are done!

Pull out key and repeat the same process on the other side.



Lower Schwartz



1

Hold the appliance so the smooth side is up towards the ceiling.

Look for the faint arrow pointing down towards the floor (this is the direction you will be turning the key).

2

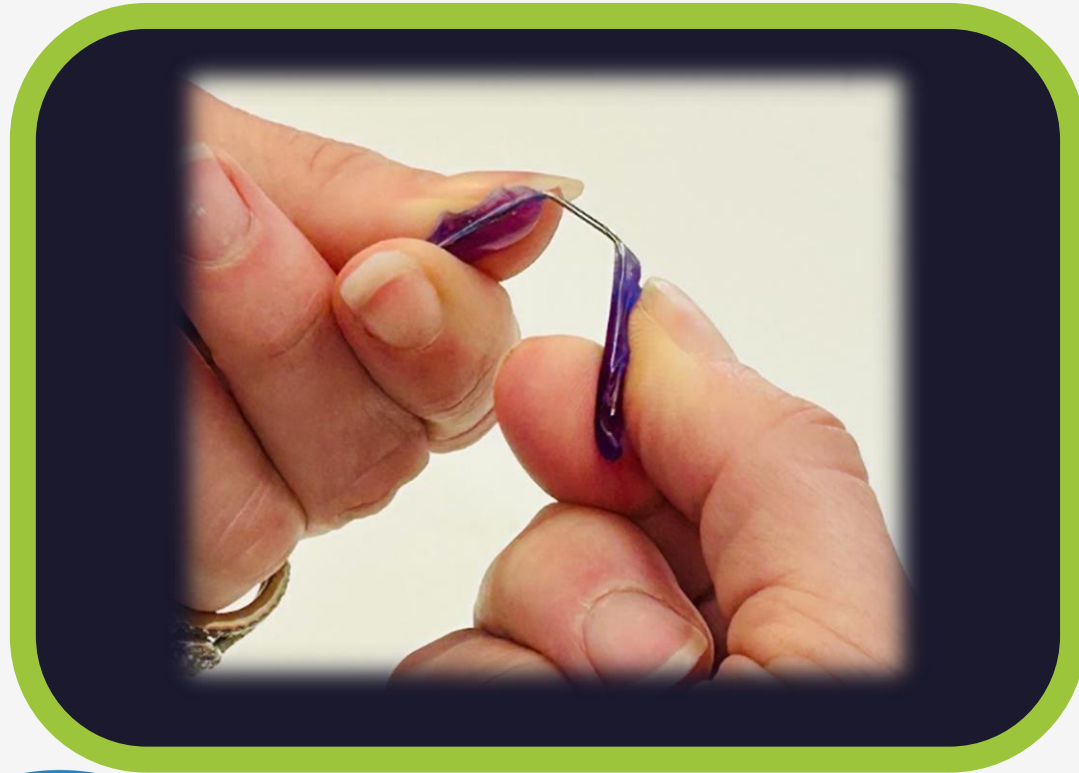


Hold appliance under the screw, this will insure you do not put too much pressure and break or crack appliance. Insert key in the small hole Located in the gap between the smooth surface of appliance.

Turn the key down towards the floor about 90 degrees. This is one full key turn.

Lower Richardson

1. □



When the appliance becomes passive and is no longer applying pressure, you will activate (every 1-2 weeks)

□

Hold each arm of the appliance and pull out gently, This will activate the wire and continue to put steady pressure on the teeth and gums.

Appliance Wear

How often should the key be turned?

- Turn the key twice a week if it's being worn at least 22 hours a day.
- If it's being worn less than that, only turn it once a week.
- If there is a schedule worked out with the provider and they are given different instructions on when to turn the key, go with the doctor's orders. **DO NOT turn more than 2 times per week.**

What if the appliance feels too tight and won't fit in after turning the key?

The key may have been turned too much for the development of the mouth. Turn the key in the opposite direction. Insert key and turn up towards the ceiling once or halfway.

Appliance wear

- ***Compliance is important to achieving optimal results***
- **It is important to the success and length of the treatment that the appliance be worn for 22+ hrs. a day and turned 2x's /week, unless otherwise prescribed by your provider.**

Appliance care

How to clean and care for appliances

- ❑ **Soak in non-alcohol-based mouthwash, hydrogen peroxide, or denture cleaner**
- ❑ **Brush lightly (Brace under screws, be careful not to press too hard). Rinse the appliance (if wearing while eating), and the mouth after eating to avoid the chance of tooth decay.**
- ❑ **If the appliance is not in the mouth keep it in a case to avoid damage. (dogs think appliances are delicious!).**

FAQ's

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What if the appliance feels too tight and won't fit in after turning the key?

- The key may have been turned too much for the development of the mouth. Turn the key in the opposite direction. Insert key and turn up towards the ceiling once or halfway.

FAQ's

Eating with the appliance?

If it is for an adult, or all the adult teeth are in, NO.

If it is for a child that still has baby teeth, YES (if they want to)

- **appliance is more likely to crack if it is being worn when eating**

Is it normal for my teeth to be sore?

The teeth are being moved so there will be some sensitivity,

- **When the appliance is taken out. When eating crunchy foods some experience slight discomfort that eases with time.**

There should not be pain, if there is reach out to your provider.

FAQ's

What if I lose or break my appliance?

- **If you have lost your appliance schedule with your provider ASAP, progress can be lost quickly, so holding the space and or getting a new device in the mouth in a timely manner is important.**
- **If your appliance has broken, and you can no longer wear it, schedule an appointment ASAP. If it can still be worn call your provider and send a picture if needed to assess if the appliance integrity has been compromised. In office repairs can be made, but in some cases a replacement is needed.**