



# Carriere motion

Kickstart your treatment and spend less time wearing braces

## What is the Carriere Motion appliance?

The Carriere Motion appliance is used before fixed braces or Invisalign to correct the position of your bite.

It's suitable for adults and children and can treat a range of bite discrepancies, including underbites, overbites and crossbites.

You'll wear the appliance on both sides of your jaws where it attaches to your back teeth – making it very discreet.

We'll fit a small bar to your teeth and connect it to a single bracket on the opposite jaw using an elastic band. You'll wear a clear retainer on the arch with the bracket to avoid any unwanted movement.

Using your back teeth and the retainer as an anchor, the elastic band will gently apply pressure to your teeth to align your bite.

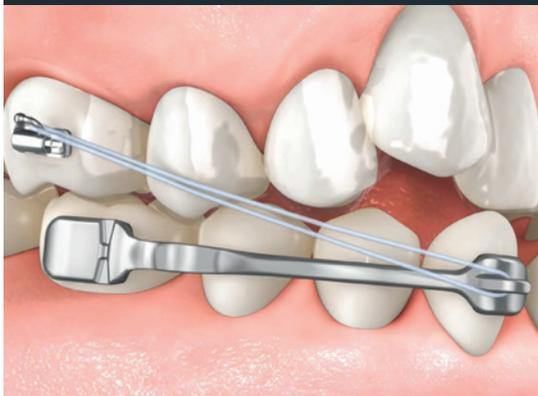
You'll need to wear your Carriere Motion appliance for around 3–6 months. When your orthodontist is happy with the position of your bite, we'll start the second phase of your treatment using fixed braces or Invisalign.



## What to expect when you start wearing your appliance

You might notice that your teeth ache a little as they begin to move. Keep wearing your appliance and any discomfort should reduce over the next few days.

Over time, your teeth could start to feel slightly loose and small spaces will open up between your front teeth. This is normal, but if you have any concerns, don't hesitate to contact us for advice.



The Carriere Motion appliance is small, comfortable and will quickly become part of your daily routine. It's an effective way to improve your bite **discreetly** and **efficiently**.



## How to wear your Carriere Motion appliance

- You'll need to wear your elastics and retainer for at least 20 hours every day
- Always wear your elastics and retainer together
- Change to a new set of elastics once a day
- Remove your elastics and retainer for eating and brushing
- Avoid hard, chewy or sticky foods that could break your attachments

## How to clean your Carriere Motion appliance

- Gently clean your retainer using a toothbrush and unscented liquid soap using warm water (never hot)
- Always store your retainer in its case when you're not wearing it
- Rinse or brush your teeth after eating before you put your retainer back in
- Use a small brush to clean carefully around your attachments

## Breakages and repairs

We'll see you for regular check-ups so we can monitor your progress closely.

Contact us straight away if any of your attachments come loose or you lose or break your retainer.

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