

Carriere Appliance

The doctor has recommended a Carriere appliance as part of your treatment plan. Here is a review of what that appliance is for and how it is used. Further instruction will be given when the appliance is placed.

A **Carriere appliance** is a molar distalizer. This appliance begins to correct the bite even before braces are placed. Elastics are attached to the appliance using gentle, consistent force to move teeth into proper biting position. This appliance is worn for approximately 4-6 months but is only effective when elastics are consistently attached. **Without** consistent elastic wear, it will not be effective.

For an **overbite** (Class 2), the appliance has two pieces. The top piece is the **Carriere** that connects several teeth. The bottom arch has a Lower Lingual Hold Arch (known as LLHA). Elastics attach from the front of the **Carriere** to the hook on the LLHA.



For an **underbite** (Class 3), the appliance has two pieces. The top piece is a bracket or band. The bottom piece is the Carriere appliance. Elastics attach from the hook on the bracket to the front of the **Carriere**.



You will be given several packs of elastics. The elastics come in different strengths so the type of elastic you wear might change as you progress through treatment. You will be instructed to wear elastics all of the time unless eating. You will take the elastics out to eat, brush, then replace with a new elastic. Elastics should be replaced 4 times per day at breakfast, lunch, dinner and bedtime. One suggestion when eating is to place the used elastic on your pinky finger. It serves as a visual reminder to put the elastic back in. If you do not have new elastics with you, use the worn elastic until you can place a new one. This will ensure the teeth do not regress. Once the bite has been corrected, the Carriere appliance will be removed and full upper and lower Damon braces will be placed. Treatment time with the Carriere appliance will be longer if elastics are not worn consistently.