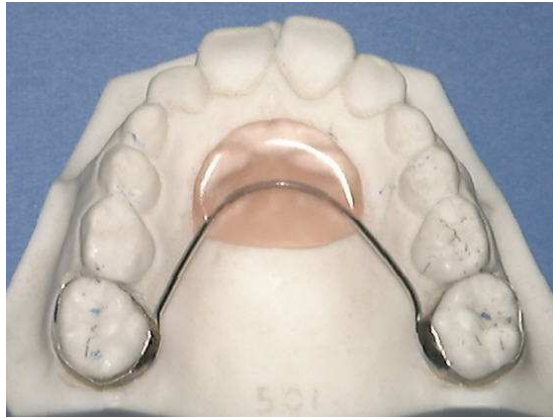


Nance Appliance



- ◆ The purpose of the Nance is to *maintain or hold the space* between the permanent incisors and the permanent molars.
- ◆ The Nance fits on the roof of your mouth and has an acrylic button that lies just behind your front teeth.
- ◆ You may have *difficulty speaking at first*, but as you practice (reading aloud etc) it will become easier and easier.
- ◆ You may experience some *soreness* when the appliance is first inserted. Tylenol or Advil can be taken to ease this discomfort.
- ◆ **Clean your appliance daily** with your toothbrush *after each meal and before bedtime*. It is necessary to floss under the acrylic button and rinse with warm salt-water (1 tsp. salt to ½ cup of warm water) to assist in keeping the tissue on the roof of the mouth healthy. Peroxyl can be substituted as a rinsing agent.
- ◆ Remember to follow the rules of the food list to avoid loosening or breaking the appliance.
- ◆ **Do not play** with your Nance with your *fingers* or *pull on it with your tongue*, since that can also loosen or break the appliance.
- ◆ **KEEP IN MIND THAT EACH VISIT IS ONE STEP CLOSER TO A BRIGHTER SMILE!**