

Cantilever Bite Jumper

Instruction Guide



LIFE WITH A CANTILEVER BITE JUMPER (CBJ)

It will take a few days to adjust to your CBJ and you'll probably find it challenging to talk, eat and drink. These things will improve quickly as you adapt to the appliance. To speed up the adaption process you can:

- Take small sips of water from a drink bottle to help with tongue placement during swallowing.
- Cut food up into smaller pieces when eating.
- Read out loud (or simply talk a lot) to help with pronunciation.

ACTIVATION OF THE EXPANDER

The upper frame of your CBJ comes with a screw located in the middle of the appliance and a "key". This screw will be turned once a day to expand your upper jaw. This task is usually the responsibility of a parent or guardian. It is important that you do the exact number of turns prescribed by your orthodontist.

Your orthodontist will review the expansion 2 weeks after your CBJ has been inserted.

TURNING SCHEDULE

To keep track of your expansion, mark off your turns on the chart. If a turn is missed, **do not** do 2 turns the next day. **You should do 1 turn per day for the next 2 weeks, totalling 14 turns.** At the 2-week mark, you'll have another appointment with the orthodontist who will let you know how many more turns are required.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40



INSERTING THE ARMS

Once enough expansion has been achieved, the arms will be inserted. This usually takes place 2 weeks after the frames have been fitted. The arms hold your jaw forward in order to correct your bite.

Sometimes the arm attachments can irritate your cheeks. This may cause some discomfort and ulceration. We will provide you with wax and cotton rolls to place in these areas as your cheeks adapt.

Over time, the upper right hand side screw can begin to loosen due to the direction of the thread. The screw should be tightened once a week using the Allen key provided. It should be turned in a clockwise direction.

WHAT CAN I EAT?

Sweet and acidic food and drinks are best avoided, as they can damage your teeth. It is also important to avoid eating sticky foods, as they may cause your CBJ to become loose. **For more information, please see our Food Guide.**

LOOKING AFTER YOUR CBJ

You must brush your CBJ (and teeth!) twice a day for a **MINIMUM** of **2 minutes**. We will supply you with a new toothbrush and a small interdental brush that can be used around the attachments of the CBJ.

WILL MY TEETH BE SORE?

Your teeth may be tender for the first few days after your CBJ has been inserted. You will also experience some discomfort and muscle tenderness in the few days after your arms have been fitted. It helps to take some mild pain relieving medication. Eating soft foods around this time will also be helpful. This discomfort usually subsides after a few days.

WILL I NEED A MOUTHGUARD?

It is important to wear a mouthguard while playing contact sports. A pharmacy bought mouthguard can easily be adapted to fit over the CBJ.

IF YOU ARE EXPERIENCING ANY DIFFICULTIES WITH YOUR CBJ
PLEASE CONTACT US

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