

Cantilever Bite Jumper

Information Guide

WHAT IS A CANTILEVER BITE JUMPER?

A Cantilever Bite Jumper (CBJ) is a growth modifying appliance, which is designed to improve the position of the lower jaw and to correct the bite.

The CBJ consists of upper and lower frames, which are cemented to the teeth. These frames are joined together by the "arms" which act to hold the lower jaw forward. The upper frame usually contains an expander which will widen the upper jaw.

These appliances work particularly well because they are not reliant on patient cooperation.



WILL I STILL NEED BRACES OR CLEAR ALIGNERS?

Most children who have a CBJ will go on to have braces or clear aligners at a later date. A CBJ can only improve the position of the jaw and reduce the protrusion of the teeth. Braces or aligners are needed to straighten rotated, crooked or spaced teeth. When your CBJ has been removed we will gather new orthodontic records and decide whether or not a second phase of treatment is needed.

HOW LONG WILL THE TREATMENT TAKE?

The CBJ is usually worn for a period of 12 months, or until the desired result is achieved.

APPOINTMENT SCHEDULE

A few appointments are required to custom make and fully insert the CBJ.

Appointment 1: Intra-oral Scan (10 mins)

A 3-D digital scan is taken of the teeth and forwarded to a local laboratory, where the CBJ is made with a combination of 3-D printing and traditional laboratory techniques.

Appointment 2: Inserting your CBJ Frames (30 mins)

The teeth will be polished and the frames cemented to the teeth with a dental adhesive. Once in, the teeth don't bite together in the usual way. This will improve as the bite changes. Expansion of the upper jaw is commenced at this visit.

Appointment 3: Inserting the Arms (20 mins)

Once expansion is complete, the arms will be attached. They will hold the lower jaw forward and alter the way the teeth meet together.

Appointments to check the progress with the CBJ are usually every 12 weeks. At these appointments, the orthodontist will check the bite and adjust the CBJ as needed.

ADJUSTING TO LIFE WITH A CBJ

With any new appliance there is a period of adaptation. It will be challenging to talk, eat and drink, but with practice improves rapidly.

There is usually some discomfort for the first few days after the CBJ has been fitted and then again when the arms have been inserted. This can comprise muscle discomfort and occasionally some tenderness in the teeth the appliance rests on. Some people may also temporarily develop mouth ulcers. Mild pain relieving medication can be taken, if required.

Sweet and acidic food and drinks are best avoided, as they can damage the teeth. It is also important to avoid eating sticky foods, as they can cause the CBJ to become loose.

Pure Orthodontics

phone: 9370 3155 | www.pureorthodontics.com.au | email info@pureorthodontics.com.au

