

## So you're getting a class II corrector (powerscope/ advan Sync)

At this stage you should be aware of what the plan is! Richard will have met with you to discuss the options and outline the suggested changes and will have confirmed the plan with your normal general dentist. Class II correctors are used alongside a fixed brace to make the brace more effective or efficient. They were initially used in Europe but have now become widespread in their use in the USA. The UK has been slow to adopt them as we have traditionally used removable functional appliances (like the twinblock) to achieve the same results. Class II correctors support the fixed braces to make changes by allowing the teeth to tip and may have a small effect on the position of the jaw bones in growing patients. They can be fitted either right at the start of treatment or 6-9 months in depending on your bespoke needs or the appliance used.

Just to recap – there are things we know about your braces:

- They are not sore to have fitted but after a couple of hours will start to make your teeth ache. Just like everything we do it feels weird at first! We recommend you take regular painkillers (whatever you would take for a headache – following the specific guidance on the pack) and have a soft diet (soups, mashed potato, rice, pasta, noodles etc). This will settle but whenever we make changes to the brace this will leave it feeling tight for a day or two.
- The class II corrector sits outside the brace and is in fact smoother than the brace itself. It does sit close to the corner of your mouth and if it is going to rub anywhere it will probably be here.
- The aim of the class II corrector is to either help treatment progress more predictably and faster (with less need for other things like elastics) or prevent the need for extractions by applying a force to push the top teeth back and encourage the lower teeth forward. The force used is about 250 grams – which is similar to that used to close up spaces.
- As the aim is to ideally reduce treatment time class II correctors don't tend to exaggerate any of the normal side effects of fixed braces (root resorption for example).

We will expect things of you as well! This is a team effort and both sides need to be pulling their weight.

- We expect sparkly clean teeth! This means spending enough time cleaning them every morning and night and after your meals with both a normal toothbrush (manual or electric) and the interspace brush. It will take longer to do with the class II corrector in place but you will get quicker.
- We expect you to look after the brace particularly with the corrector in place as if it is broken they it can really set us back. It is very unusual for them to come off but if they did contact us as soon as possible.
- We expect to see you for your arranged appointments. Monitoring becomes even more important as these devices are very efficient and missing appointments can be result in unwanted treatment effects.

