



MARIN ORTHO
Beautiful Smiles Naturally

THE CROZAT APPLIANCE

The removable orthodontic appliance you have just been given is called a Crozat, named for Dr. Crozat who invented it in 1912. This wire appliance will most effectively move your teeth if you follow these instructions.

PLACING THE CROZAT: Align the Crozat in your mouth over the proper teeth, usually the second teeth from the back. With a finger or thumb on the inside part of one crib and with a finger of the other hand on the outside part of the crib, push the crib down against the tooth so that it fits tightly. **PLEASE DO NOT BITE THE CROZAT INTO PLACE WITH YOUR TEETH.** Check to be sure that all other parts of the Crozat fit as you were shown when you received it.

REMOVING THE CROZAT: Using your thumb, gently push up on the outside part of each crib until it springs away from the tooth and remove the Crozat from your mouth with your fingers. Please do not use your tongue to lift it up.

WEAR YOUR CROZAT ALL THE TIME: Your appliance must be worn 24 hours a day, including eating, and should be removed only to brush your teeth. When you take the Crozat out to brush your teeth, please brush the Crozat, also. This appliance can be lost only when it has been removed from your mouth. If the Crozat is lost or not repairable, there is a replacement fee.

HABITS: One detrimental habit is to lift the Crozat up with your tongue and click it in and out of place. This will cause your Crozat to become loose and due to the continual flexing of the wires, the end result could be breakage and a replacement fee. If your Crozat is loose, please call the office immediately to make an extra appointment to have it tightened. If you develop a habit of lifting the Crozat with your tongue and you cannot stop, please let us know. We will lock it in place for 1-2 months to help you break the habit.

DISCOMFORT: Some tenderness might be felt in the teeth and gums for a couple of days following the placement or adjustment of the Crozat. An over the counter pain reliever, such as Tylenol, often helps relieve the discomfort. Consult your physician if you have any questions regarding the best medication to use. If the discomfort lasts more than 3-4 days, please call the office immediately.

Dr. Jasmine Gorton | Dr. Diana Schron | Board Certified Orthodontists