

The Carriere Motion is a bite jumping appliance. It is sleek and super easy to wear. It consists of a bar that is glued to the upper or lower back teeth and two small brackets which are also glued to the back teeth. While wearing this appliance, you will be able to speak and eat normally.

Kadar Guides for a Great Result!

- The Carriere Motion Appliance is typically worn for about 6 months ... less if you wear your rubber bands consistently.
- Wear your rubber bands as instructed by the Doctor, changing them at least two times a day. Take them out when eating or brushing and always put fresh rubber bands in before bedtime.
- You will be getting a Clear Retainer to wear with this appliance. You **MUST** wear the Clear Retainer if you are wearing the rubber bands. **NEVER** wear the rubber bands without the retainer in your mouth as well.
- Avoid foods that are sticky, chewy or hard while wearing the Carriere Motion appliance.
- If the appliance or brackets become detached from the tooth, stop wearing the rubber bands and call the office to schedule an appointment to repair the appliance/bracket.
- During your time in the Carriere, you may feel some discomfort. This is normal and expected since we are moving teeth with the rubber bands. You may take Tylenol/Motrin to relieve the discomfort if necessary.



Contact our office at 856.582.1400 if you have any questions about your Carriere.