LIFE WITH A CANTILEVER BITE JUMPER (CBJ)

Now that your CBJ frames have been fitted, things will feel a little strange for the first few days! You may find talking, eating and drinking somewhat challenging. 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.

\[
\text{_____ turn(s) daily for _____ days.}
\]
\[
\text{Total = _____ Turns}
\]

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

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.