

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 glued 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.



Before



After

WILL I STILL NEED BRACES?

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

CBJ's are custom made for each patient. This means a few appointments are required before the CBJ is fully inserted.

Appointment 1: Impressions and Separators (20 mins)

Upper and lower impressions will be taken of the teeth. These are used to custom make the CBJ frames. Small rubber rings, called separators, are placed between some of the back teeth to create a space for the CBJ frames.

Appointment 2: Inserting your CBJ Frames (30 mins)

The separators are removed, the teeth will be polished, and the frames will be cemented to the teeth. Once in, the teeth don't bite together in the usual way. This will improve as the bite changes. Expansion is commenced at this visit.

Appointment 3: Inserting the Arms (20mins)

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. Talking, eating and drinking can be challenging, 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.

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