

Forsus Guide

DAVIS
ORTHODONTICS



Forsus Basics

A Forsus appliance helps correct your bite by gently pushing the bottom teeth forward and the top teeth back. It can feel a little strange at first, but with the right care and habits, you'll adjust quickly and keep your treatment on track.

WHAT TO EXPECT

- Your Forsus is fixed (not removable), so it's always working — day and night — to move your teeth.
- Chewing may feel awkward at first and your cheeks may be sore. Most patients adjust within 1–2 weeks.
- Sticking to softer foods in the beginning will be best. As you adjust, you'll be able to eat a wider variety, but avoid foods that are especially sticky or hard.
- Once you're past the first couple of weeks, Forsus becomes much easier to live with and most patients forget it's there.

Caring for Your Forsus

FORSUS CARE

- **Brush 3 times a day** with fluoride toothpaste, paying extra attention to the springs and brackets to keep them shiny and free of plaque.
- **Avoid sticky and hard foods** (gum, caramel, ice, raw carrots, apples, etc.) – these can damage or dislodge the appliance.
- **Cut food into smaller pieces** to make chewing easier and helps prevent bending or breaking the Forsus.
- **Check for cleanliness.** Springs should look shiny. If they appear dull or coated, plaque may be built up and could cause irritation.

FORSUS COMFORT

- **Rinse with warm salt water** to soothe soreness.
- **Take Tylenol or Advil** if you need extra relief.
- **Place cotton rolls** between your cheeks and the springs at night for added comfort.

Forsus FAQs

Can the Forsus come apart?

Yes. Sometimes the rod can slip out of the spring if you open really wide (like when yawning). Don't panic! Gently compress the spring and slide the rod back in place.

What if I can't reattach it?

If you can't get it back together, use dental floss to secure it to your braces and call us. We'll walk you through it or schedule a repair.

What if something breaks?

Breakage is rare, but if it happens, call us right away so we can schedule a repair.

Replacement parts may involve a fee.

When should I call the office?

Give us a call if your Forsus comes apart and you can't get it back together, something feels broken or bent or you notice unusual pain that doesn't improve after the first week or two.

NEED MORE HELP?

We're just a call or text away at
(864) 801-3500.

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