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Frankel Instructions

The Frankel appliance is an orthopedic appliance made with acrylic and wire. It is used to encourage growth of the mandible (lower jaw). The Frankel reorients facial and jaw muscles, to create a more balanced relationship for proper jaw development.

1. Wearing the appliance

- Weeks 1 thru 3, wear the appliance 4 hours per day plus bedtime. (2 hours after school and 2 hours before bedtime is preferable.)
During this period, it is common to have adjustments as the mouth gets used to the acrylic.
With the appliance in your mouth, read out loud at least 30 minutes per day to practice speaking correctly.
With the appliance in your mouth, do lip exercises at least 30 minutes per day. (A good time to do the exercises is while watching television or doing homework.)
Continue lip exercises at 30 minutes per day.
- Weeks 4 thru 6, wear the appliance 6 hours per day and at bedtime.
Continue lip exercise at least 30 minutes per day.
- Week 6, wear the appliance full time, at school, at home, and at bedtime. (Remove only to eat and for certain sports activities.)
Continue lip exercises.

2. Care of the appliance

- Before eating, put the appliance in its case. Keep the case at room temperature as extremes of hot and cold can distort the appliance.
- After eating, brush your teeth then brush the appliance and put it back in your mouth.
- **Do not play** with the appliance while it is **in** or **out** of your mouth.
- If the appliance is broken or doesn't feel right, call the office immediately for an appointment to have it adjusted!
- A lab fee will be charged for loss or breakage of the appliance.

Please call the office if any questions arise during the course of this treatment.