
CS Springs

What are CS Springs?

CS Springs are like super rubber bands. They work much better, and do not require you to remember to put them on.

How long will I need them?

Typically 4-8 months.

Will it hurt?

You may experience some discomfort in your teeth and cheeks the first few days as you get used to it. Sometimes it will take up to 2 weeks for the cheeks to get used to the springs. To help alleviate any discomfort, we recommend taking whatever medicine you normally take for mild pain (Advil/Ibuprofen, Tylenol, or Aspirin). If the springs irritate your cheeks, you can rinse with warm saltwater rinse in the morning and evening for a few days. Your cheeks will “toughen up” after a week or so and it will no longer be a problem.

What should I avoid doing?

- It is tempting to open and close your mouth over and over as the springs create an interesting feeling when you do that. PLEASE DON'T. Flexing the springs over and over again will cause them to break.
- Yawning and eating: Avoid excessive opening when eating or especially when yawning. If the springs get overstretched, they may snap then or a short time later.
- Do not chomp into a sandwich or hot dog using the side of your mouth as it will break the springs.

Will the springs break?

The springs are well made, but are thin and made out of metal. At this point we find that those who take good care of them can get them to last even 3 months or more. We find they typically break between 6-12 weeks. Some patients break them after just 4 weeks, although there's usually a reason for it. Excessive breakage in less than 6 weeks may result in replacement fees.

What should we do if the springs break?

If it isn't bothering you, then just call us and we will get you in for replacing the spring. It's important to come in so that we can continue your treatment progress. If the spring is broken then progress isn't being made and it will slow down your treatment.

If the broken spring is bothering you, have an adult take the 1.5mm hex key we gave you and carefully and gently unscrew the screws that are holding the spring. If you lost the tool then just find a 1.5mm hex key at your local hardware store. Please keep all of the parts in a zip-lock bag and bring them in to your appointment. Failure to bring in the parts may result in replacement fees.