



# Nance Appliance



The Nance Appliance is used to prevent upper molars from rotating or moving forward after extraction of primary teeth or during your orthodontic treatment. Some patients wear the Nance Appliance while they are awaiting their permanent bicuspids or premolars to erupt into place.

The appliance is made of two bands that are cemented onto the first molars in addition to a wire that spans the roof of the mouth from one molar to the other. An acrylic pad covers the wire that touches the roof of the mouth directly behind the front teeth.

Patients should brush around the bands daily. Foods to avoid are hard foods such as ice and hard candy, popcorn, and peanuts. Sticky foods such as caramels, gummy worms, gummy bears, Laffy Taffy, Skittles, Starburst, and bubble gum can also damage and loosen your appliance.

Some orthodontists allow sugarless gum in small amounts. Check with your doctor for approval.

