

# Titration – changing the rods – Hands-on



## To remove the rods

- Start on the upper
- Rotate the appliance 180° until the triangle of the rods line up with the shape of the anchor hole in the appliance
- Pull on the rod to remove it from the appliance
- Repeat on the other side

## To insert the rods

- Place the rods into the retention arm of the lower appliance, ensuring the printed arm lengths are facing inward to avoid cheek irritation
- Rotate the appliance 180° until the triangles of the rods line up with the shape of the anchor hole in the appliance
- Push the rod to secure it into the notch.
- Repeat on the other side