

ALF (Advanced Lightwire Functional) Appliance

The ALF appliance was invented by Dr. Darick Nordstrom in the 1980s. From his extensive knowledge of how the body works, Dr. Nordstrom saw the need to correct the structures that are attached to the teeth: upper jaw (maxillae) and skull bones. He soon discovered that by correcting these other components, patients noted relief and disappearance of chronic headaches, neck, shoulder low back pains and other seemingly unrelated symptoms, such as PMS, fatigue, digestion problems, ringing in the ears, hearing loss, etc. This major breakthrough establishes dentistry's role in restoring patient function, health and improving their quality of life.

Purpose of the ALF:

- 1) Correct distortions of the skull.
- 2) Correct distortions of the maxillae (bone that supports the upper teeth)
- 3) Correct the alignment of the upper and lower teeth to improve the bite.

The ALF appliance can also be used to treat upper neck and shoulder pain.

Benefits and Proper use of the ALF:

- Esthetics and comfort (Our patients love the ALF!)
 - Fewer adjustments and office visits. ALF adjustments typically occur every 3-5 weeks, depending upon movement.
- If the ALF becomes loose or disengaged please call our office @ 298-1812.
- Unhampered speech
 - Reduced soreness during movement (If soreness occurs use an oral rinse or wax)
 - Faster results, since appliance is worn continually.
 - Easy to clean. As with regular brushing, be sure to brush after all meals and to brush specific areas where food particles frequently lodge. Rinse with listerine or water.

Special notes:

As with other appliances, braces and orthotics, please refrain from sticky, chewy, or hard tack candy and food. Chewing improper foods will likely result in loosened or bent wires. Bent wires or broken appliances may incur a repair/replacement fee.

The duration and technique of ALF treatment varies from one patient to another. Duration of treatment depends upon many factors: complexity of cranial distortions, prior dental work, amount of psychological stress, and other factors. ALF treatment typically ranges from 6 to 12 months. Stabilization treatment will frequently follow ALF treatment, which may include braces, crowns, onlays, veneers, etc. The goal of all our therapy is to improve jaw and teeth function/health and to enhance the patient's smile.

NO DENTAL TREATMENT SHOULD BE DONE DURING ALF WEAR UNLESS DR. WALL IS CONSULTED.

If you have any further questions after leaving our office, feel free to call us. We believe the uniqueness of this treatment to be one of the greatest advancements in dental medicine.