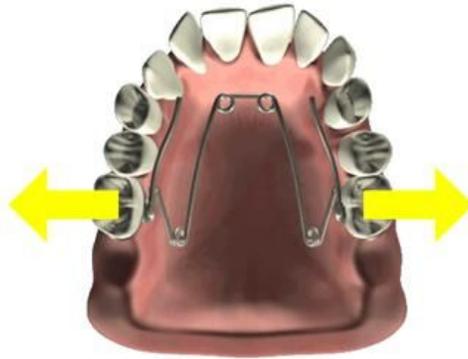


# QUAD HELIX APPLIANCE

A quad helix is an orthodontic appliance for the upper teeth that is cemented in the mouth. It is attached to the molars by 2 bands and has two or four active helix springs that widen the arch of the mouth to make room for crowded teeth, or correct a posterior cross-bite.



## Adjusting to your Quad Helix

There is a short adjustment period and speech may be temporarily affected.

You may take over-the-counter pain medication as needed for soreness.

During this time you will want to eat softer foods such as smoothies, yogurt, mashed potatoes, etc. After about a week, you will be back to eating foods you normally eat.

## Cleaning

Your appliance should be cleaned every morning and evening with a toothbrush and toothpaste. After meals rinse or brush your mouth out with water to remove any remaining food caught in your appliance and teeth. Ensure sufficient time- 3 minutes is recommended- to thoroughly clean around the appliance, teeth and gums.

## Call the Orthodontist if the Following Problems Occur

- If the appliance becomes bent, or distorted.
- You are experiencing pain or discomfort beyond the normal tooth discomfort associated with tooth movement.
- If the band/bands wrapped around your back molars becomes loose, keep the area clean and call our office to have the appliance re-cemented.

