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SPECIALIST IN ORTHODONTICS
CHILDREN & ADULTS



QUAD HELIX EXPANSION APPLIANCE

Today you were fitted with an expansion appliance to widen the upper jaw (bony change). The reason for this expansion might be that a crossbite needs to be corrected (due to a narrow jaw) or additional room for the teeth is needed.

Since the teeth and the bone of the upper jaw will be changing in relation to the lower jaw, there may be:

1. Some soreness to the teeth or palate upon chewing. Please continue to eat regular foods (nothing special) so that the soreness will go away.
2. Different fit of the teeth upon chewing.
3. Space between the upper front teeth. This will gradually close if no space existed prior to the expansion.

Please take special care to avoid Hard and Chewy foods and to brush the braces and the wires. Make sure you brush the teeth and the top of the tongue also.

If a band comes loose, call the office immediately. If the wire spur (toward the front) hangs down and is seen from the front, call the office. If you have a question call the office.

If there is soreness the first few days or after adjustments, Tylenol (325 mg) or Advil (200 mg) can be taken to lessen the discomfort.

Any speech impairment will decrease as you become more used to your appliance.

If the top of the tongue looks irritated, brush it well and use hydrogen peroxide as a rinse, 1/2 peroxide and 1/2 water, and swish for one minute -- DO NOT SWALLOW THE PEROXIDE !!! After swishing with the peroxide rinse with warm water about 10 times to clean the appliance and the top of the tongue.

Do Not play with the wires!

After the expansion which usually takes 3 - 6 Months, a Holding plate OR some other appliance will be made to maintain the expansion - TO BE WORN AN ADDITIONAL 4 MONTHS.

If you have any questions, Just call us. DO NOT THROW THIS AWAY.