



# ORTHODONTICS FOR CHILDREN & ADULTS

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## TRANSPALATAL BAR (TP)

Today you were fitted with an appliance that attaches to the braces on your upper molars. The purpose of this appliance is to maintain the position of the upper molars or expand the upper teeth. This TP bar crosses the palate and will take a few weeks for you to become adjusted to the bar. This bar is removable by us - only us.

PLEASE BRUSH - THE BRACES - THE BAR - AND THE TOP OF YOUR TONGUE !!

Your tongue may get irritated and sore from rubbing against the wire - in a short time you will be used to the wire. The bar will also make an impression on the top of your tongue but do not worry. As long as you keep the tongue clean and the wire clean, you will have no problems. However, if you fail to brush the wire and tongue, you will possibly get a sore tongue. This can be prevented by PROPER brushing.

Your teeth may get sore for the first few days, please be sure to eat regular foods to lessen the soreness. If needed Tylenol (325 mg) or Advil (200 mg) may be taken every four hours.

IF YOU HAVE ANY QUESTIONS - PLEASE CALL US.

PLEASE HOLD ON TO THIS SHEET - DO NOT THROW IT AWAY !!!

