

## Hyrax Expansion Appliance

Now that you have your new appliance there are a few things you need to know. Firstly you will find that you will talk funny– this won't last very long as your tongue will get used to it. You will also find that your saliva flow will increase initially but this will disappear after a few days. Don't worry if you get marks on your tongue as this is normal and they will disappear when the appliance is removed.

You need to make sure that you keep your appliance and teeth squeaky clean so as to avoid any decay and to make your adjustment more comfortable.

**Please avoid all sticky foods** as this can damage the appliance and hence slow down your treatment time.

### Turning the Hyrax

You will need to turn the appliance once each night with the 'key' provided. Always remember to turn it a FULL turn in the direction of the arrows (towards the back of the mouth). When removing the key don't pull it back as this will cover up the hole.

If you can't find the hole you may not have turned it all the way - you'll need to find the hole at the back to try to complete the last turn - each full turn uncovers the new hole at the front of the appliance.



### What to do if the Hyrax pops out?

If you find that your appliance 'pops' out on one side at the back, just try and pop it back in (if you're not sure where it goes copy the other side). If you can't pop it back in, eat something sticky on the other side to try and remove the appliance from your mouth completely. If you can't make it comfortable yourself just give the surgery a call and we will fix it for you. It is normal to feel a bit sore initially because your teeth will be moving. The soreness won't last too long but a Panadol or Nurofen should help ease it.

### Experiencing discomfort?

If the appliance rubs or causes any ulcers, just roll up a piece of wax, dry the area that's causing the sore spot with a tissue and push the wax over. To help the healing process rinse your mouth out with warm salty water as well.