

amanda lawrence

ORTHODONTIST

Quad Helix 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 visits more comfortable. Please avoid all sticky foods as this can damage the appliance and hence slow down your treatment time.

If you find that the quad helix 'pops' out at the back, just try and pop it back in (if you're not sure where it goes copy the other side). If you cannot get the ring back over the tooth, you can try something sticky on the other side. If you can get the appliance out, bring it in and we can usually glue it back in again. 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.

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.

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