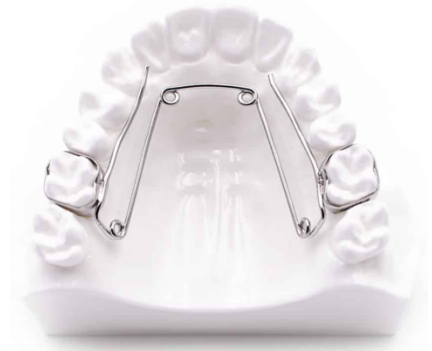
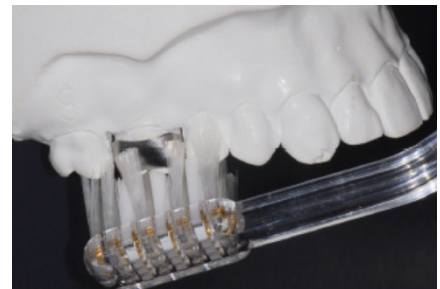


Quad Helix Appliance Patient Instructions

Quad helix appliance is a fixed appliance which is cemented to the upper posterior teeth. It is used to widen the upper arch and/or correct a crossbite. After the expansion is completed, the quad helix appliance remains in place to maintain the correction.



- This appliance does not need to be turned or adjusted
- Space that may open up between the front teeth is perfectly normal, and will be closed eventually
- Your teeth will be sore for next few days to approximately one-week. Choose soft foods, and you may also use pain medication to help ease your discomfort (Tylenol, Advil, etc)
- We may need to temporarily remove the appliance to re-activate the appliance for more expansion
- Hard and/or sticky foods will damage and break your appliances. Please refer to the “No-no List” to make sure that you do not cause any damage by eating the wrong foods
- You will need to brush after EVERY meal and/or snack. Take your time to ensure that the appliance(s) is clean and shiny with no dull spots.
- If you experience any breakages, or damage to your appliance, please call the office and report it. We may need to have you in to make a repair or adjust your next appointment to allow time for any repairs that may be needed.
- If you have any concerns or questions with regard to your treatment, please do not hesitate to contact any of our staff members. We will be happy to help you, and answer any questions.



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