

pendulum appliance

The pendulum appliance works to move the upper molars backward to create space for permanent teeth to erupt naturally while also improving the bite and fit of the teeth. Sometimes a pendulum appliance is made with an expander. The doctor will review the appliance with you and review any information about the expander if needed.

GETTING USED TO YOUR APPLIANCE

Some patients will feel soreness in the teeth only, while others have described a feeling of pressure/tingling sensation over the bridge of their nose and near their cheekbones.

You may have difficulty speaking or swallowing at first (excess saliva may occur initially as the mouth adjusts to the appliance) but, after a few days, it will improve. Reading aloud or simply speaking frequently helps this transition.



Clean your appliance daily and rinse with water to loosen any food that may become trapped.

As with all orthodontic appliances, you should avoid hard/crunchy and chewy/sticky foods during treatment.

Examples:

- Hard/Crunchy: Ice, kettle cooked chips, raw veggies or fruits (they can be cut into smaller pieces), Takis, hard candy
- Chewy/Sticky: Gum, Skittles, Starburst, Gummy candies, Sour Patch Kids, jelly beans, caramels

USING YOUR APPLIANCE

If your appliance has an expander, a space may open between the upper front teeth as the appliance widens the jaw. Do not be alarmed as this is an expected change. This space will get smaller as the front teeth come back together after the desired expansion has occurred and/or when brackets or retainer are placed later.

Instructions for turning the appliance are as follows (disregard if there is no expander):

The schedule for turning the appliance is as follows:

_____ turn(s) every _____ day(s) for _____ weeks.

