

quad helix expander

The quad helix expander will widen (expand) your upper jaw. This orthodontic appliance works within 3-6 months to accomplish this movement. Once the upper jaw is expanded, the appliance is left in place for a minimum of 3 months to hold and stabilize the new upper jaw position.

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.

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 a retainer are placed later.

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.

You may see an imprint of the appliance on your tongue while the appliance is in place. This is a normal effect of having the appliance. Rest assured that after the appliance is removed, the tongue will return to its normal appearance.

Clean your appliance daily and rinse with water to loosen any food that may become trapped. Remember to follow the food list to avoid breaking or loosening the appliance.



During follow-up appointments after the initial placement, the appliance may need to be removed, adjusted, and re-inserted. It may take multiple adjustments to achieve the desired expansion.

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

