



The Quad-Helix Expander

PURPOSE

The purpose of the Quad Helix Expander is to widen the maxillary (upper arch). This creates more room for permanent teeth, and gives the patient a broader more attractive smile.

INITIAL ADJUSTMENT TIME

The appliance is not removable, it is already activated when cemented and you will not need to do anything to it.

Since it fits behind the teeth, it is not very visible. It does take between three and five days for the patient to get accustomed to the Quad -Helix. After this, most patients forget the Q.H. is in their mouth. Although the appliance works slowly and gently, some discomfort is to be expected. Ibuprofen, (Advil) or Tylenol will be all that is necessary. It is a very good idea to take the proper dose before discomfort starts. Most patients will have the habit of pressing their tongue against the Q.H. wire. This will create a groove in the tongue. Although this is not harmful, it may for a short time, make the tongue uncomfortable for a few days. Warm saltwater rinses will help with any irritations caused by the expander.

CARE OF THE QUAD

Patients must not play with the wire or pick at it. . IT IS VERY IMPORTANT NOT TO EAT ANY GUM, CARMELS, TAFFY, OR ANYTHING REAL STICKY OR CHEWY. THESE CAN RESULT IN DISTORTION OR LOOSENING OF THE APPLIANCE.

Hard, sticky, or brittle foods such as Jolly Ranchers, Gummy Bears, Now and Later, Skittles, Taffy or ice will destroy the wire resulting in discomfort. These types of things must not be put in the patients' mouth at all. Carrots, apples, steak, pizza, or similar food should be cut into small pieces before being chewed.

Teeth should be brushed and flossed in the usual manner. A parent can help place floss under the Quad-Helix to floss the teeth. It is important that the appliance is kept clean. Make sure that no food is being trapped around the bands the loops and the arms of the appliance. Take the end of the toothbrush and work it around the appliance and the contact points on the gums and teeth.

If you have any further questions, please call the office and ask to talk to one of the clinical assistants.

