

Lower Lingual Arch

The lower lingual holding arch appliance will hold the permanent molars in place while baby teeth are falling out and permanent teeth are erupting.

Two bands (braces) are cemented to two lower molars. Attached to the bands is a U-shaped bar. The patient may experience slight discomfort when first placed. Whatever household pain reliever you prefer, may be used to remedy these situations.

To maximize the lower lingual holding arch treatment, patient and parents must know how to care for it properly by following these instructions:



DIET

1. No hard or sticky foods (corn chips, hard candy, caramel, gum, taffy, peanuts, etc.)
2. 3-4 carbonated drinks (coke, root beer, 7-up etc.) per week
3. Monitor highly sweetened foods (cake, pie, ice cream, cookies) brush after or rinse with water.

Please note that this list is not all-inclusive.

"Good common sense plays a big part in orthodontic treatment."

CARE

1. Brush teeth at least 3 times daily.
2. Use a water pick or floss, to remove food caught underneath the appliance.
3. watch diet and contact office if bands come loose or anything breaks
4. Warm salt water rinses for sores.
5. rescue wax for bands until cheeks get used to new appliance

If you have any questions regarding your appliance or treatment, do not hesitate to ask.

Hyrax

Expanders have been correcting crooked teeth and bad bites for many years. The following information will tell you everything that you will need to know in order to make your treatment a success.

HOW IT WORKS...

Your expander works by making your dental arch larger. This will help to straighten your crowded teeth, and also create room for the rest of your permanent teeth to erupt without them also becoming overcrowded. It can also work by correcting the way your teeth fit together—this is sometimes called “correct your bite”.

NO ASSEMBLY REQUIRED

The Hyrax expander consists of two rings (bands) or chrome crowns covering your back molar teeth on each side of your mouth. Welded to these bands or crowns are strong wires that are attached to a rectangular shaped expansion screw. For the upper expander, the screw is located in the palate. The upper expansion screw is *usually* activated one turn each day for a specific amount of time that varies per patient. Dr. Mortenson will examine you periodically to see if you need more expansion.



Herbst or Forcus



BITS AND PIECES.

The Herbst consist of four chrome crowns covering you back molar teeth-one in each corner of your mouth. Attached to the upper crowns are two metal cylinders or sleeves. Attached to the lower crowns are two metal bars running parallel to your lower back teeth, and two metal rods that slide into the sleeves hanging down from the upper crowns.

The Forcus appliance is very similar to the Herbst but is attached to the braces archwire and not chrome crowns.

HOW DOES IT WORK?

The appliance works by using the metal sleeves and rods to hold your lower jaw forward to correct your overbite. In the next few months, your lower jaw will grow into this new correct position, and your overbite will disappear! It takes about 4 to 8 months for this magic to occur.

THINGS THAT RUB

The lower bar will sometimes irritate the cheek or lip in the lower front corner of your mouth. Place cotton rolls there to cushion the area for the first 1 to 2 days. The metal attachments on the outside of the upper chrome crowns can sometimes rub the cheek in the back of your mouth. Try to keep some wax on these areas, especially the first 1-3 nights.

SAY WHAT?

You may talk funny with the herbst or forcus at first. Reading aloud or spending a lot of time on the phone will solve this problem.

DROOLING AND OTHER MINOR DISCOMFORTS.

Swallowing may seem difficult at first, but it gets better. Do keep swallowing-it is the best cure for the initial drooling response, which will decrease after about 24hrs. Your gum tissue around the chrome crowns may be sensitive during the first day. Warm salt water (8oz water + 1/2 tsp. Salt) rinses help this tremendously. For this soreness, or just general discomfort when getting adjusted to your new Herbst, take the appropriate dosage of Advil, Tylenol, etc

Occasionally the Herbst will come apart when the lower rod comes out of the upper sleeve-especially when you yawn too wide or when you are trying to show your friends how wide you can open your mouth! Avoid these two activities. Usually, you can reassemble the two pieces following the instructions given to you by Dr. Mortenson.

A LAST WORD FOR PARENTS.

Keep this fact sheet in mind during the first week of treatment! Your child will eventually accept this mechanical distraction, and things will return to normal again. Call us anytime if you have a question, problem or concern. Your partnership is invaluable to us and your child.

Thumb/Tongue Crib

This is used when the tongue has a harmful habit of pushing forward between the front teeth when speaking or swallowing. It is also used to stop thumb sucking. Both of these cause an anterior open bite, which is where the front teeth do not touch when the back teeth are together. The tongue crib appliance is made of metal and is usually attached to bands on the upper back teeth. The bands connect to a wire that extends forward to a curved section that rests behind the upper front teeth and drapes down to keep the tongue back where it belongs.



DIET

- No hard or sticky foods (corn chips, hard candy, caramel, gum, taffy, peanuts, etc.).
- No more than 3-4 carbonated drinks (coke, root beer, 7-up etc.) per week.

- Monitor highly sweetened foods (cake, pie, ice cream, cookies) brush after or rinse with water.

Quad Helix



The quad helix is used to expand your upper teeth. The bands on the back teeth are cemented into place and should not come loose. The wire on the inside of your teeth will gradually make your upper teeth wider, so that we can make more space for your upper teeth. It will be in place for approximately 4 to 5 months, then you will either be given a retainer or proceed with braces.

Cleaning your new Quad Helix

When you brush your teeth you should brush under and around the quad helix, floss and then rinse vigorously with water. A mouth wash like Listerine or Scope will also help. Water picks and other oral irrigation devices are a help, but are not a must have. You should brush and rinse after every meal or snack. If this is not possible rinsing with water will help remove food particles.

Possible NOT Probable Problems That Can Occur

- If the quad helix should come loose, you should call the office and have us re-cement it.

- If the quad helix should become bent or distorted, call the office.
- Your tongue and cheeks could be irritated, use a warm salt water rinse, brush the top of the tongue, and use the wax we gave you at banding on the sharp spots on quad.
- Sore teeth are normal for the first 3-4 days. Advil or Motrin should be taken as described on package or as directed by Dr. Mortenson or your physician.

Things to Be Aware of...

- Patient might talk a little funny at first, so keep talking!!! It will get better.
- Patient might salivate more for the first few days.
- It will be difficult to eat at first but keep eating!!!

If you ever have any questions regarding treatment, please give the office a call.