

# Quadhelix Functional Appliance

PERFECT SMILES ORTHODONTICS



Now that you have a Quadhelix functional appliance, you may have some questions you would like answered:

## What is a Quadhelix appliance?

A Quadhelix is a cemented expander with four circles, or helices, in it. The helices gives the expander its name. While the Quadhelix is in your mouth, it will push against the sides of your teeth and expand the upper jaw.



## How much do I need to wear the Quadhelix?

The Quadhelix is permanently fitted onto the top teeth and must stay in your mouth for at least 6 to 9 months for the treatment to work.

## Will it be painful?

During the first few days of the Quadhelix being inserted, expect some soreness from all the teeth. The most amount of soreness is usually the morning after the Quadhelix has been inserted. The best advice is to use your teeth (don't try to avoid eating because it is sore) and to take Panadol as prescribed on the packet. Please avoid anti-inflammatory medication (Nurofen) as they affect teeth movement.

Speech will be difficult at first but after a couple of weeks it will go back to normal. The best thing to do is to read out loud to get used to it. Also eating will be difficult, but after a couple of weeks it will go back to normal. While the Quadhelix is in you must avoid any foods that are hard, sticky or sugary (ie. nuts, bubblegum, lollies) as they can damage the Quadhelix.

You may also find that you may get some irritation on your cheeks. You can use some wax (this product is available from us) and place it on the Quadhelix to stop it from digging in, or you may need to try and sleep on your back.



## How do I take care of the Quadhelix?

Because the Quadhelix is in constant contact with your teeth you must make sure that the Quadhelix is kept clean. To clean it, brush your teeth twice a day and really concentrate on where the Quadhelix sits on your teeth, making sure that the gums are cleaned well. Also make sure that the part that sits on the roof of your mouth is also kept clean by using regular mouthwashes and a small interdental brush.

You may find that the Quadhelix leaves an imprint in your tongue; this won't cause a problem as long as your Quadhelix and mouth are kept clean.

## Before and After Treatment



Before Treatment



After Treatment