



GREAT SMILES

PEDIATRIC DENTISTRY & ORTHODONTICS

Quad-Helix Expansion Appliance

A Quad-Helix is an appliance used to widen the upper arch. The Quad Helix normally stays in your mouth for 6-9 months. As you begin to get some expansion, you may notice a space develop between your upper two front teeth. Please do not get alarmed, this is very normal. The orthodontist will close this space as you go through treatment.

For the first few days after initial placement, you may experience discomfort or tenderness with your teeth, cheeks, and tongue. Working the jaw muscles will help to work out the soreness. We suggest chewing on a bite wafer or soft foods. The doctor also recommends taking Tylenol or Motrin every 4-6 hours as needed for discomfort or tenderness. Your diet may need to be altered for 2-3 days after initial placement. The doctor recommends eating soft foods (potatoes, macaroni and cheese, tuna fish, yogurt, ice cream, pudding, etc.). Remember to cut meat, vegetables, and fruits into small pieces when eating them.

You may find it difficult to say certain words. Talk slowly and concentrate on your words. Reading and singing out loud is helpful. Within a few days, you won't even notice your speech is any different.

Please do not play with your appliance with your fingers, or pencils, or flip it with your tongue, as any of these can cause the appliance to come loose or break.

If you have any questions or concerns about your appliance, please contact our office.



828.274.9220



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