

Quad & Bi-Helix

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West | 9909 W. 21st Street N. | Wichita, KS 67205 | tel 316.722.0857 | web www.toothmovers.org

The quad and bi-helix expansion appliances are used to widen the upper arches and provide space for your teeth to be straightened later.

Your teeth, cheeks and tongue will be sore for a few days after initial placement. Chewing on soft foods will help work out the soreness.

It may be difficult to pronounce certain words for a short time; talk slowly and be sure to enunciate. Be patient, and you will adapt to this change within a few days.

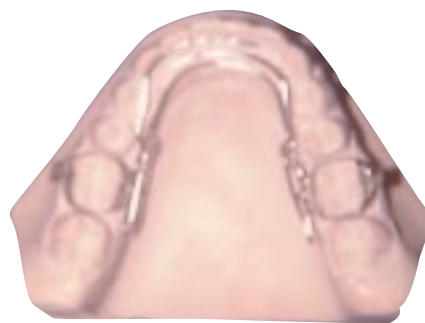
As expansion occurs, you may notice a space developing between your front teeth. This is normal – please do not become alarmed. Dr. Dillehay will close this space as you proceed with treatment.

Do not play with the appliances using your fingers, pencils, etc., or flip it with your tongue, as this can cause the bands or appliances to become loose or even break.

Helpful Tips

It is imperative that you keep your appliance clean. Try brushing with a child-size toothbrush. Brush off food or plaque which may get caught in or around the appliance.

For the first few days, try eating soft foods (potatoes, chili, steamed vegetables, yogurt, etc.), and cut meat into small pieces. Avoid hard, crunchy foods until you have adapted to your appliance.



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