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# POWER & PRYSE

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## ORTHODONTICS

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### Welcome to your new Smile Journey!

There are a few things you should know. The appliance that the doctor placed today is called a Hyrax. Its purpose is to make the upper jaw wider. By expanding the upper jaw, we can correct cross bites and make space so that the adult teeth can be aligned properly.

### What to Expect

- The expander is new to the patient's mouth, so the mouth will produce more saliva than normal for the first few hours.
- It is normal for the expander to create a small space between the front teeth as the palate is expanding. This space will close after turning is complete.
- The expander will feel similar to peanut butter stuck in the roof of the mouth. It will take a few days to adjust to the new appliance. It is normal to speak and swallow a little differently. The tongue will adapt and get used to the expander within 2-3 days.
- We will see the patient every 2-4 weeks to check progress. Once the expansion is complete, the expander will be sealed and stay in for 6-9 months as a retainer.
- Please note that once the expander is sealed, the patient will be in a holding pattern for 6-9 months; however, the responsible billing party and insurance will continue to make payments for the agreed number of billing cycles determined at the contract signing.

### Use, Care, and Maintenance Instructions:

**Turning:** You may wait 4 days, to allow the patient to become accustomed to the appliance. Turn for the total number of days the doctor advised, turning once per day. If you miss a turn, please do not turn twice.

**Home Care Kit:** This is a kit including dental hygiene items useful to our patients. In this kit you will find a toothbrush, floss, and wax to help with your home care.

**Brush Your Teeth 4x A Day:** Brushing your teeth four times a day or after each time you eat will ensure you keep your smile bright and healthy. Keep a travel toothbrush with you from the kit to fit in your purse, backpack or locker.

**Food List:** There are certain foods you should avoid while having this appliance. Gum is not allowed. You need to avoid anything sticky and chewy such as gummy bears, starburst, and taffy.

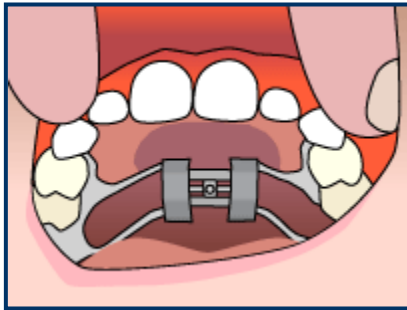
**Wax:** If your appliance is poking or rubbing you can apply the wax to that area. Simply soften the wax between your fingers and place it over the area that is bothering you. This will keep you comfortable until the next time you are able to come to the office.

**Achiness:** There may be a dull, achy sensation after your appliance is in place and after each turn. You may take Motrin, Tylenol or any pain medication you would typically use if you had a headache.

**Breakage:** If you break the appliance, a bracket, band or wire (if applicable), please call the office so you can get in as soon as possible. We want to keep your treatment on track. If you have an upcoming appointment please call the office so we have time in the schedule to make your repair.

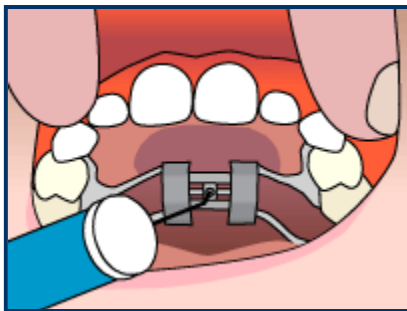
**Emergency:** If you are experiencing swelling, extreme pain, or have an injury, please contact our office immediately.

## EXPANDER INSTRUCTIONS:



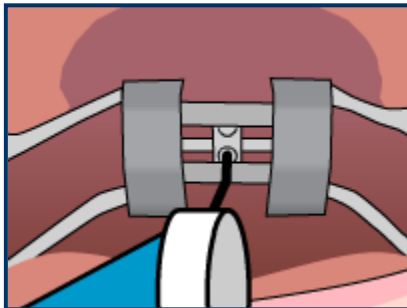
### **Step 1**

In a well-lit area tip the patient's head back.



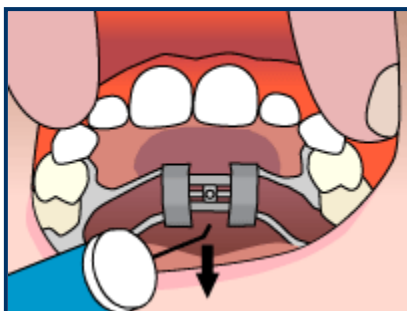
### **Step 2**

Place the key in the hole until it is firmly in place.



### **Step 3**

Pushing the key towards the back of the mouth, you will notice the fender will rotate and the new hole will appear. The rotation stops when the key meets the back of the expander.



### **Step 4**

By pushing back and down towards the tongue, remove the key. The next hole for insertion of the key should now be visible.