

QUAD HELIX

In some orthodontic cases there is a need to slightly expand the width of the upper arch (maxilla) so that it fits correctly in relation to the lower arch. In this instance, an orthodontic appliance (called a Quad Helix) is fitted to the upper arch. This creates more room for the upper teeth and aids in correcting crossbites.



WHAT TO EXPECT

At first the Quad Helix will feel strange and take a little while to get used to. Changes observed may include difficulty in swallowing and talking along with an increase in saliva production. Within a few days these things will usually return to normal.

You may also find that the new appliance irritates your tongue. The best way to manage this discomfort is to keep your tongue away from the Quad Helix when you are at rest. If this discomfort persists, teething gel (purchased from the pharmacy) applied directly onto the tongue will likely offer some relief.

This may be used in conjunction with normal pain relief, similar in strength to that which you might use for a headache.

KEEPING IT CLEAN

Brushing your teeth will now take a little longer as you must ensure that you thoroughly brush the roof of your mouth and your Quad Helix as well. You will be given a special toothbrush to assist with cleaning when your Quad Helix is fitted. Your tongue will now rest on the Quad Helix, so it is important to brush your tongue also.

WHAT CAN'T I EAT?

*While the Quad Helix is in place there are certain foods that must be avoided as they can cause the Quad Helix to dislodge. These foods include chomping on iceblocks and all **chewy** and **sticky** foods such as:*

- Toffees and caramels
- Chewing gum and bubble gum
- Minties, fantails, redskins etc

You may find that some foods such as bread and pasta get stuck between the Quad Helix and your palate. Ensure that you brush this area really well in order to remove any food.

