

W-ARCH APPLIANCE

Your child has been fitted with a special appliance made to widen the upper arch. Please follow the instructions below. If you should have any questions, please feel free to contact our office.

1. Please brush all parts of the appliance along with your teeth. If debris is left on the appliance, your gum tissue will start to swell and cause discomfort. The swelling is letting you know that things are unhealthy in your mouth.
2. **NO HARD, CRUNCHY OR STICKY FOODS.** These can damage or break your appliance. There will be a fee to re-make or repair if the appliance breaks
3. You may feel some pressure the day the appliance is cemented. Take Tylenol, or other similar products, if needed.
4. The doctor will remove, adjust and re-cement the appliance as necessary to get the desired expansion.
5. Once the desired expansion has happened, the appliance will stay in the mouth until the doctor determines it is ok to remove. It's a holding device at this point. Removing the appliance too soon can cause relapse.
6. If one of the bands comes loose, the appliance breaks, or you have any questions, please call our office.

