

## instructions for quad helix



### what does a quad helix do?

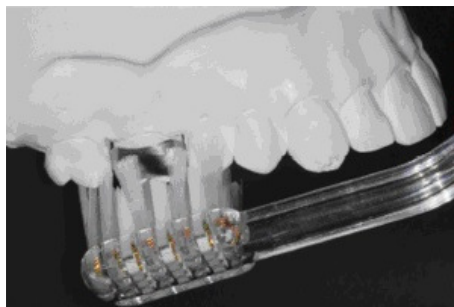
The appliance helps widen the suture between the left and right sides of the upper jaw in a growing person.

### cleaning your quad helix

Your appliance should be cleaned every day with toothpaste and a soft toothbrush, morning and night. Ensure sufficient time is allowed to clean thoroughly around the appliance, gums and teeth - 3 minutes is recommended.

Disclosing tablets are to be used once a week for the first month to identify problem areas with brushing. To use, brush your teeth for 3 minutes, chew on a tablet then rinse and spit out remains. Look in the mirror and notice whatever is stained a deep pink colour, these are the areas you missed! You must then go back over and brush your teeth to remove all of the staining.

When at school, rinse your mouth out with water to remove any remaining food after you eat. You can use the water bottle provided.



### speech

In the first few days your speech will be altered and you will produce extra saliva. This will reduce with time and practice. Reading out loud for 5 to 10 minutes a day will help you get your speech back to normal again.

### eating

Whilst getting used to your plate it is a good idea to cut everything up into small bite-size pieces as chewing can be difficult at first. Avoid eating hard chewy lollies and foods while you are wearing the quad helix, such as: chewing gum, toffees, red skins, etc.

**discomfort**

At first, your quad helix may irritate the insides of your cheeks and cause ulcers, however, soon your cheek tissues will toughen up and things will start to feel normal again. The ulcers may take a while to heal, so we suggest warm salt-water mouth rinses and the use of soft wax on the metal part that is causing the irritation. Your local chemist can also provide you with an ulcer cream or gel.

**wax**

To use the wax, make the area opposite the ulcer really dry by using a tissue or cotton roll. Break off a half pea size of wax, roll into a ball and lightly press onto the metal part that is rubbing. The wax can stay there for a day but should be changed daily. It should also stay in place while eating.

**what we give you today**

-4 disclosing tablets. To aid in brushing, instructions found under "cleaning your quad helix".

-Toothbrush. A soft toothbrush to help keep your teeth and appliance clean. You can keep it in your bag or in a car so you always have one with you.

-Wax. This helps give your cheeks time to heal, remember to dry the area first.

-3 minute timer. Use each time you brush your teeth to ensure that you are brushing for the correct amount of time.

-NeutraFluor 5000 Plus toothpaste. To use once a day when brushing your teeth. It is important not to swallow. When brushing; use a pea sized amount. When finished, spit out excess toothpaste. Do not rinse, eat or drink for 30mins. We advise to use it at night.

***Not suitable for ages 10 and under. Please inform us if you are under 10 years of age and we will give you different toothpaste.***

-Water bottle. Drinking 8 glasses of water a day is great for your body, great for your brain and great for your teeth because it dilutes all of the acid from plaque in your mouth and helps prevent cavities.

Please note your water bottle is dishwasher safe and can be placed in the freezer to keep your water cool.