

Bihelix



- ◆ The purpose of the Bihelix is to *create width* in the lower arch.
- ◆ At each visit we will check the progress and make any adjustments necessary. *After the correct width has been achieved you will continue to wear the Bihelix to stabilize the teeth.*
- ◆ You may have *difficulty speaking at first*, but as you practice (reading aloud, perhaps) it will become easier and easier.
- ◆ **Do not be alarmed** if you see an imprint on the sides of your tongue – *this is normal*. The tongue resting against the Bihelix when you swallow causes it.
- ◆ You may experience some *soreness* when the appliance is adjusted. Tylenol or Advil can be taken to ease this discomfort.
- ◆ It is **very important to clean your appliance daily** with your toothbrush after each meal and before bedtime.
- ◆ If sores occur, rinse at least four (4) times a day with *warm, diluted salt water* (1 tsp. salt to 1/2 cup water).
- ◆ Remember to follow the rules of the food list to avoid loosening or breaking the appliance.
- ◆ **Do not play** with your Bihelix with your *fingers or pull on it with your tongue* since that can also loosen or break the appliance.
- ◆ **KEEP IN MIND THAT EACH VISIT IS ONE STEP CLOSER TO A BRIGHTER SMILE!**