

Mara Appliance



- ◆ A Mara appliance is used to immediately bring the lower jaw forward into the correct position to achieve a more ideal bite relationship and is usually **worn for 10-14 months**.
- ◆ The Mara is a fixed appliance that is permanently cemented in the mouth.
- ◆ You will probably experience some soreness up to the first two weeks after the Mara is inserted. Tylenol and a soft diet those first few days will help alleviate this discomfort. At first, your bite will *feel awkward* and eating will seem different until you adjust to your new jaw position.
- ◆ **Keep the Mara very clean with frequent and thorough toothbrushing throughout the day and after each meal or snack. In order to achieve maximum patient comfort and ease of adjustment, special attention should be focused on carefully adhering to all of the instructions for care along with excellent hygiene after placement of the appliance. Check the *entire appliance carefully* after each brushing to be sure it is shiny. If plaque bacterium is allowed to remain on the appliance it will appear dull and may cause sores to form in the mouth. Please call the office if any open sores develop on the inside of the cheeks.**
- ◆ **Be sure to rinse with *warm salt water* (1 tsp. salt to 1/2 cup water) every hour for the first two weeks and then several times a day thereafter. Immediately after rinsing, apply oxyfresh gel to the cheek area.** This will help your cheeks adjust to the new appliance and help to prevent sores during the initial adjustment period. There are also products available through our office that can help ease the initial discomfort.
- ◆ If anything becomes loose, it is very important to **call the office** as soon as possible.
- ◆ **KEEP IN MIND THAT EACH VISIT IS ONE STEP CLOSER TO A BRIGHTER SMILE!**