

# Pendex Appliance



- ◆ The Pendex is a combination appliance consisting of a specially designed wire to make space on the upper arch by *pushing the molars back and an orthopedic device to widen the upper arch.*
- ◆ The key that we gave you fits into the appliance and is pushed backward towards the tongue to turn the expansion screw. Push the key **backward as far as it will go.** Check to be sure the next hole is visible at the front of the appliance so the key can be inserted into the appliance for the next turn.
  
- ◆ **The schedule for turning the appliance is as follows:**  
      \_\_\_\_\_ turn(s) every \_\_\_\_\_ day(s) for \_\_\_\_\_ weeks
  
- ◆ Some patients will feel *soreness* in the teeth only, while others have described a feeling of *pressure/tingling sensation over the bridge of their nose* and near their *cheekbones.*
- ◆ **If you feel discomfort, pain, or dizziness** that lasts more than **10 minutes, stop turning the appliance and call the office.**
- ◆ A space may open between the upper front teeth as the appliance widens the arch. **Do not be alarmed;** this is an expected change. This space will diminish as the front teeth come back together after the desired expansion has occurred and/or brackets are placed on the four front teeth to close the space.
- ◆ It is **very important to brush thoroughly** around the Pendex since food and plaque adhere to it easily.
- ◆ You will be given special cleaning instructions for getting under the appliance that will include *rinsing* with either *warm salt water* (1 tsp. salt to 1/2 cup warm water) or *Peroxyl.*
- ◆ You will probably experience *soreness* for a few *days* after the Pendex is inserted. Advil or Tylenol and a soft diet for the first few days will help alleviate this discomfort.
- ◆ You may have *difficulty speaking at first,* but as you practice (*reading aloud etc.*) it will become easier.
- ◆ The appliance is attached to the occlusal surface of four of your teeth by a plastic or bonding material. If any of the plastic pieces become loose **please call the office.**