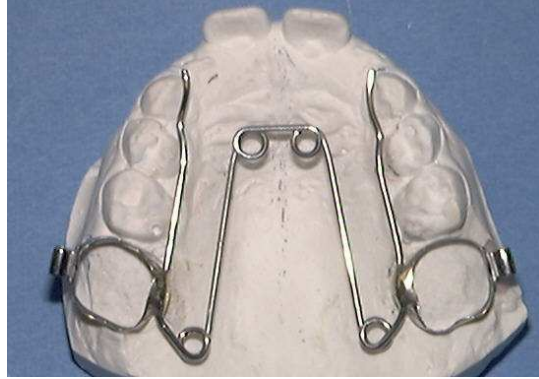


Quadhelix (Quad)



- ◆ The purpose of the Quad is to gain *width* in the upper 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 Quad to stabilize the teeth.*
- ◆ You may have *difficulty speaking at first*, but as you practice (reading aloud, perhaps) it will become easier and easier.
- ◆ You may see an imprint on your tongue, **do not be alarmed**—*this is normal*. It is caused as the tongue rests against the Quad when you swallow.
- ◆ You may experience some *soreness* when the appliance is adjusted. Tylenol or Advil can be taken to ease this discomfort.
- ◆ **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 Quad with your *fingers* or pull down 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!**