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PENDEX APPLIANCE

Patient Instructions

You or your child has just received a Pendex Appliance. This device is fixed in place and is designed to both widen the upper jaw and move the molars in a backward direction. This typically serves to correct both crowding and, in some cases, flaring of the front teeth.

The Pendex appliance is initially “turned” once per day for a period of approximately three to four weeks. Depending on the severity of the problem, the doctor may increase or decrease the number of turns. After the palatal expansion is complete, an additional adjustment(s) is made by the doctor. This adjustment (or activation) will begin to move the molars in a backward or posterior direction.

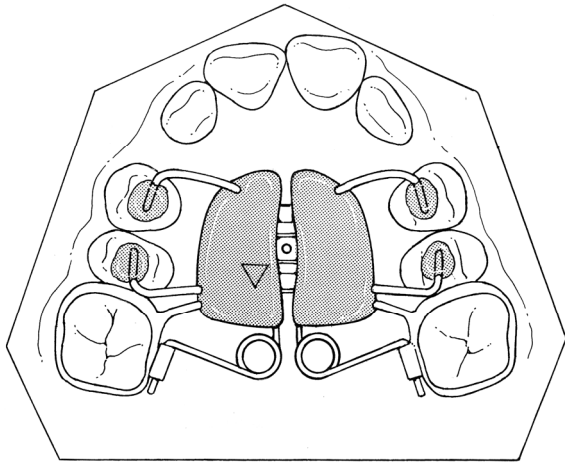
To turn the expansion portion of the Pendex, use the key with the blue plastic handle and rotate the key down and back toward the throat, one quarter turn. Push the key backward until you see the next hole appear, then remove the key by pushing it downward toward the tongue. Turn the appliance once per day, usually at bedtime, for the specified number of days. During the expansion of the appliance, some pressure may be experienced at the bridge of the nose or on the upper teeth. After approximately one week, a space may open up between the front teeth. It is also normal for this space to close as the gum tissue brings the front teeth back together over the next few weeks.

The Pendex appliance is typically left in place for approximately six months and, upon its removal, a fixed retainer-type appliance (called a Nance) is delivered to maintain the correction. Depending on the age of the patient, and the presence of permanent teeth, braces can be used in conjunction with this appliance.

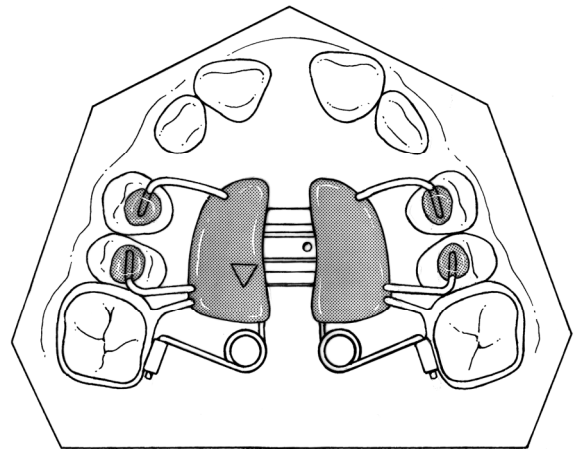
As with any new orthodontic appliance, there is an adjustment period following the initial delivery. The following are helpful suggestions:

- 1) It is very important that excellent oral hygiene be maintained while this appliance is in place. The use of a “Water Pik” is often helpful in keeping the roof of the mouth clean. Food will have the tendency to collect around the screw.
- 2) Some tooth soreness is to be expected, lasting three to five days after initial appliance delivery and also after each activation appointment. Analgesics such as ibuprofen have proven to be most effective. If ibuprofen can not be tolerated, the use of other analgesics is very helpful.
- 3) If the appliance should appear to be loose or if there is persistent pain, call the office for an appointment.

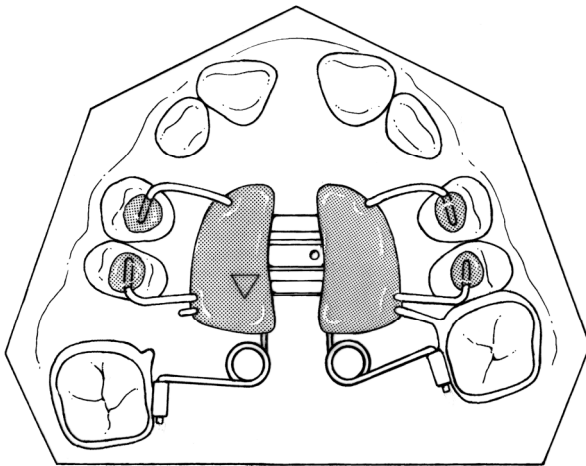
Should you have any questions, please do not hesitate to call our office.



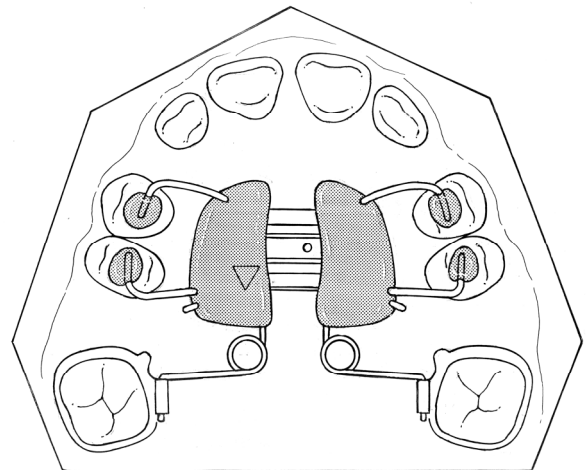
1. At Initial Delivery



2. After Expansion



3. After First Activation



4. After Second Activation

