

Palatal Appliance

- To achieve the desired results, you must wear your palatal appliance 24 hours per day. You will only remove it to brush your teeth. You will wear the appliance when eating and drinking.
- When you remove the appliance to brush your teeth, also thoroughly, but gently (so that you don't bend any wires), brush the appliance with your toothbrush and toothpaste. Soaking it in water with Efferdent tablets once a week will also keep it clean and prevent build-up of plaque and tartar. Always use cool or lukewarm, never hot, water.
- Avoid sticky foods such as taffy, caramels, gummy candies, starburst, skittles, and gum. Also, avoid hard foods such as ice, nuts, and hard candy. These can damage or break your appliance.
- It is best to brush your teeth and the palatal appliance after every meal. If you can't, at least rinse your mouth and the appliance with water to remove any food particles.
- After tooth movement is complete, the appliance may remain in place for several months.
- After each adjustment in the office, you will notice a slight pressure on the teeth. This pressure usually goes away after a few hours.
- Because your mouth is not used to having an appliance in it, there will be a period of adjustment. You may notice increased saliva, slight speech impairment, and slight tenderness. Continuous wear of the palatal appliance will speed the adjustment process.
- Speak out loud as much as possible during the first couple of days to allow your tongue to get used to this appliance.
- Keep your appliance out of reach from pets, as they like to use them as chew-toys.
- Remove the appliance by inserting your finger into the back of your mouth and put a downward pressure on the wire hook attached to the first molar. Do not remove the appliance with your tongue or by the front wire, as this can damage your appliance.
- Each patient is unique, and their needs are different. For some people, the use of an over-the-counter medicine similar to that taken for a headache can be used to help the initial soreness. If this is needed, it is usually only for the first day or two.
- Please call us immediately if anything feels loose or broken.