

## Pendex

- Avoid sticky foods such as taffy, caramels, gummy candies, starburst, skittles, and gum as they might loosen the appliance. Also, avoid hard foods such as ice, nuts, and hard candy as these might break the pendex.
- Thorough, but careful, brushing around the appliance is important to keep it and your teeth clean and free from cavities. Rinse with water to make sure no food remains under the arms on the top of your mouth.
- Initially, your teeth might feel sore after placement of this appliance. Also, you might notice extra saliva in your mouth and slight speech impairment. This is expected and should go back to normal after a few days.
- 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 soreness. If this is needed, it is usually only for a day or two.
- Speak out loud as much as possible during the first couple of days to allow your tongue to get used to this appliance.
- Certain areas of the pendex or the bands to which it attaches might bother your cheeks and tongue at first. This usually goes away after a few days, but the use of wax or wet cotton balls will help to minimize the discomfort while your mouth is adjusting. Rinsing with warm salt water or Peroxyl and the use of Orabase will help bothered areas feel better and return to normal.
- Please call us immediately if anything feels loose or broken.
- In very rare circumstances, after the appliance has been working for several months, and spaces on the sides have started to develop, the wire arms that insert into the molars will not push back as much. Vigorous brushing or eating unapproved foods can cause these arms can come out of the molar band. This can be easily corrected. Have the patient lie down on a bed or couch and tip their chin towards the ceiling. Use a flashlight to see the appliance inside the mouth. Take your index finger and thumb and grab hold of the wire arm that has come out. Hold it tightly so that it doesn't slip back. Look at the other side to see how it is supposed to look. Insert the end of the arm into the molar slot.