

Instructions for W-Expander/Quad Helix

The appliance that the doctor has placed today is called a W-expander/Quad Helix. Its purpose is to make your upper jaw wider. By expanding your upper jaw we can correct cross bites in the back of your mouth and create additional space to assist in aligning your adult teeth.

The W-expander/Quad Helix is cemented into your mouth by using a special dental adhesive. It is important to avoid hard, sticky and chewy foods while wearing a W-expander/Quad Helix. These foods can loosen the appliance and the dental adhesive causing the W-expander/Quad Helix to be dislodged.

If the metal bands in the back of your mouth are irritating to your cheeks you may place the orthodontic wax that we gave you onto the bands. First dry off the area you will be placing the wax onto. Take a very small piece of wax and roll it into a ball, then press the wax firmly onto the metal band. After the placement of this appliance you may experience some discomfort from the expansion process, if so you can take Tylenol or Advil. Although, children under 12 years of age should not take aspirin.

It will require some extra effort on your part to keep your mouth and teeth clean while wearing the W-expander/Quad Helix. Food and debris can accumulate quickly around the bands that hold your W-expander/Quad Helix in the back of your mouth, so brushing and flossing is more important than ever! Please spend extra time taking care of your mouth. Please remember to see your dentist regularly while in orthodontic treatment.