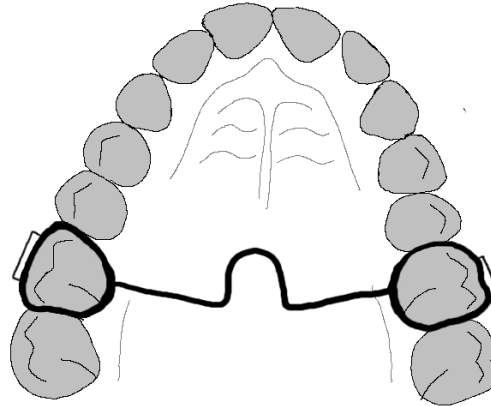


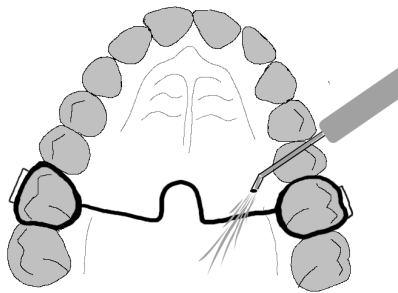
## Transpalatal Arch – Care Instructions

1. The Transpalatal Arch is designed to hold the back molars in place or to rotate the molars.

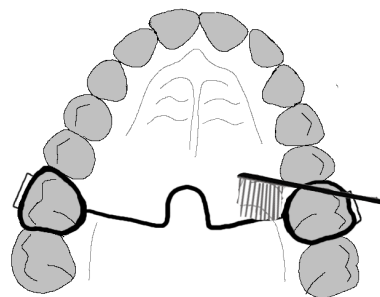


2. The Transpalatal Arch is not removable, it is cemented to the molar teeth. It does take a few days (3-5) for you to get used to the appliance. When the appliance is first placed, you will have discomfort from the bands and some tenderness of the tongue. You may need to take ibuprofen or tylenol and rinse with warm salt water for the first few days. Initially there will be an increase in saliva which will reduce in a few days. Swallowing and speaking may be difficult in the beginning but once again this will get better with time. We recommend a soft diet for the first few days. You may have tendency to press your tongue against the Transpalatal Arch wire. This is not harmful to the tongue but may create a groove in the tongue and some tenderness for a few days.

4. **Hygiene:** It is important to keep the appliance clean with regular brushing and use of a water-pik to help dislodge large particles of food but remember the water-pik does remove plaque from your teeth or the Nance. You should carefully follow the food list and avoid sticky, hard foods and yes that means **NO GUM!**



A Waterpik helps dislodge large particles of food before you brush.



Be sure to brush the Transpalatal well every time you brush your teeth.

Good Luck, I'm sure you will do great! Dr. Griffies