

Welcome to Quad-Helix

The quad-helix is an appliance made of metal wires and usually attaches to the adult first molar teeth on the top. The wires run along the top of your mouth and are joined together by four loops (that's why it's called a quad-helix!). The loops are designed to make the appliance more flexible.

WHAT IS IT FOR

The purpose of the quad-helix is to expand and rotate the upper molars, create space for crowded teeth and/or correct crossbites of the back teeth. This appliance is not removable and is adjusted by your orthodontist as needed.

WHAT TO EXPECT

- Avoid sticky foods such as taffy, caramels, gummy candies, starburst, skittles, and gum as they might loosed the appliance. Also, avoid hard foods such as ice, nuts and hard candy as these might break the quad-helix.
- Thorough, but careful, brushing around the appliance is important to keep it and your teeth clean and free from cavities.
- 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.
 - Speak out loud as much as possible during the first couple of days to allow your tongue to get used to the 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 soreness. If this is needed, it is usually only for one to two days.
- Certain areas of the quad-helix or bands to which it attaches might bother you cheeks and tongue at first. This usually goes away after a few days, but the use of was will help to minimize the discomfort while your mouth is adjusting. Rinsing with warm salt water will help bothered areas feel better and return to normal.
- **Please call us immediately if anything feels loose or broken!**



Orthodontic emergencies are rare! If you have any after-hours concerns regarding comfort, please call our office number and follow the prompts to leave a detailed message with our on-call clinical assistant. You will be promptly contacted regarding your concern. For non-urgent needs/questions, send an email to admin@keyserortho.com - emails will be responded to on the next business day.

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