

Quad-Helix



What is a Quad Helix?

A quad helix is a custom fit orthodontic appliance for the upper teeth that is used to expand the palate. This appliance widens the arch of the mouth to make room for crowded teeth, correct a posterior cross-bite, or is used to prevent thumb sucking. It is cemented by bands on the 6 year molars, and is adjusted

every 4 to 6 weeks until the adequate expansion is obtained. After this, the appliance must be worn for approximately three months before it is removed.

Are There Foods I Should Avoid?

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 quad helix.

How Do I Clean My Quad Helix?

Caring for the expander is easy. We recommend brushing after each meal with the help of an adult. Carefully brush around and under the appliance to keep it and your teeth clean and free from cavities.

What Does a Quad Helix Feel Like?

Initially, your teeth might feel sore after placement of this appliance. Also, you might notice extra saliva in your mouth and slight speech impairment. Speak out loud as much as possible during the first couple of days to allow your tongue to get used to it. This is expected and should go back to normal after a few days. For some people, the use of Advil or Tylenol can be used to help alleviate the soreness. If this is needed, it is usually only for a day or two.

Certain areas of the quad helix, or 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 and using Orabase numbing gel will help bothered areas feel better and return to normal.

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What Should I Do If My Quad Helix Becomes Loose?

You should be able to tell if the appliance becomes loose. It is important to call and make an appointment to re-cement the appliance as soon as possible. A loose appliance can irritate the gums around it and can allow food to become trapped under it which could increase the risk of cavities. Please call our office immediately if anything feels loose or broken.

Repair/Replacement

It is uncommon for a quad helix to break. The cause is usually patient abuse. Call our office to schedule an appointment for replacement. The fee is \$125.00