

HYRAX

This *palatal expansion appliance* consists of a hyrax screw held in place with a wire framework that is attached to several upper teeth with cemented bands.

What does it do?

The appliance is designed to separate the bone suture between the two halves of the palate, thereby increasing the width of the upper jaw.

What will I feel?

- The appliance will initially feel bulky across the roof of the mouth.
- As the upper jawbone widens, pressure may be felt under the eyes and across the bridge of the nose.
- Spaces will likely open between the front teeth as the upper jaw widens. This *spacing is temporary* and will close when we stop turning the appliance.
- Because the appliance reduces the amount of space available for the tongue, it will *temporarily* cause some difficulty swallowing and talking. Most patients adapt within 7 to 10 days.

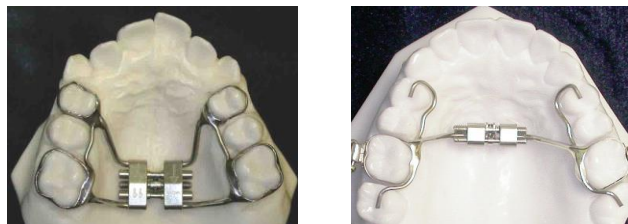
What should I do while the appliance is in?

It is critical that you follow appliance adjustment directions.

- Insert the key provided into the hole in the center of the screw and turn the screw front to back- 1 turn, once a day. **The doctor will let you know how many turns to make**, and then we need to see you for a re-assessment. At that time, the doctor may instruct you to stop turning the appliance or will let you know how many more turns are required.
- Pain relief medication may be necessary to relieve discomfort, especially during the first few days.
- Avoid sticky candy and hard foods that may loosen or break the appliance.
- It is very important to keep the appliance clean. Use the proxabrush provided to clean between the appliance and the roof of the mouth. Water pics are helpful in removing food debris. Brush the appliance and bands and floss your teeth as normal.
- Should the attachments on the cheek side of the bands create tissue discomfort, apply wax onto the hook of the band as needed.

Please contact our office immediately if any of the following problems arise:

- The appliance becomes loose or breaks.
- You are experiencing excessive discomfort.
- You are unsure how to adjust the appliance.



Two styles of a hyrax