

Quad Helix Expander

A Quad Helix expander is an appliance that is used to push out (expand) the upper back teeth. It is soldered to metal bands (rings) that are cemented to the molar teeth. It is made by an Orthodontic laboratory technician after an impression is taken of your teeth and roof of the mouth.

- * What to expect**
During the first few days of expansion, expect some soreness from all of the teeth. The soreness will eventually go away, usually in 10 days or less. The best advice is to use the teeth as soon as possible and to take a pain killer and stick to a soft diet. The teeth will also loosen as they move and this will be even more noticeable when you bite on them. Don't worry- this is normal.
- ? Will it affect speech?**
Most people find that they get used to speaking with the expander within two weeks. If you do your homework out loud you will get used to it very quickly.
- ? What about eating?**
Give yourself a few weeks to adjust and during this time eat all foods in small pieces. This way if you have to swallow it immediately, you can. Stay away from long spaghetti noodles initially along with white bread, which tends to be very sticky. It goes without saying that peanut butter is another food to avoid. Do not eat foods that are hard or sticky that may break or pull out your expander like toffee, chewing gum, nuts, popcorn, baguette bread, pizza crust etc.
- ? How long will I have it?**
That will vary from one patient to the next although it is usually used for about six months. It is easily removed once it is no longer needed.
- ? How often is it adjusted?**
The expander is usually adjusted every two months or so. Do not forget to return for your scheduled appointment because the expander may otherwise expand your teeth too much.
- ? How to clean it?**
Brush your teeth and expander well with a battery-operated toothbrush and use a mouth rinse. Also keep your tongue clean. The expander may leave a groove in your tongue, which should not cause a problem unless it becomes infected.
- * Emergency**
Call the office immediately if you have a sore ulcer on the tongue because of the expander or if the expander is loose or broken.
- * Wax**
Orthodontic wax can be used to cover any sharp bits that irritate your tongue or cheeks until you come in to the office. Please buy some at reception.



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