

Bonded Hyrax Instructions

Turning the Appliance

- Turn upper appliance screw once a day according to calendar given.
- If child experiences pain, please call the office and skip turning appliance that day.
- You should expect some tightness or slight discomfort with turning.
- You may notice a large space develop between the two front teeth, This is normal and will get smaller with time.

Eating

- The first week is the most difficult time to get accustomed to eating with the appliance. Start with soft foods like scrambled eggs and mashed potatoes.
- It is easiest if you allow the food to pack into the screw space on the palate and then clean it out at the end of a meal.
- After 1 week children will usually be able to tolerate most foods well.

Cleaning

- It is very important to pay close attention to your oral hygiene.
- Brushing, flossing and an end tuft brush are tools that will help you keep it very clean.
- After your bonded hyrax is removed, your tissues may be red and inflamed. With regular hygiene care, they will return to normal within one to two weeks.

Instructions Following Removal

- 1) The tissue will be raw from being covered by the appliance. This is common and will return to its normal appearance within 2 weeks.
- 2) Avoid acidic foods like oranges, lemons, and tomatoes for 3 days.
- 3) Avoid hard foods like potato chips and tortilla chips for 1 week.
- 4) Rinse with warm salt water after meals to keep the area clean and help with healing.

*Retainers or braces will be placed once tissues heal.