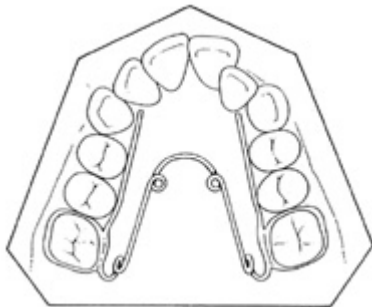


The smile says it all.

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# QUAD- HELIX



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### Caring for your appliance

Your Quad-Helix appliance needs to be kept clean –make sure you brush off any food or plaque that may be caught around it. A child-sized toothbrush is useful for this.

You will need to avoid sticky, chewy and sugary foods, as these can loosen your appliance, and cause tooth decay.

If at any stage your appliance becomes loose or feels different, call our office immediately.

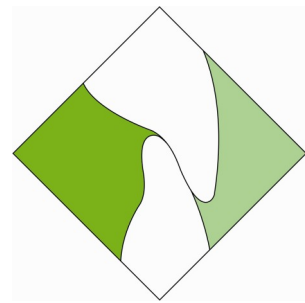
We will need to check you and your appliance regularly –usually every 6 to 8 weeks.

Before your teeth can be straightened properly, we need to create some extra room in your mouth.

To achieve this we need to use a Quad-Helix expansion appliance. The appliance is designed to expand your upper arch, providing enough space to straighten your teeth.

The Quad-Helix appliance is cemented in place. There are loops in it, which are adjusted by Dr Pepperell to guide the expansion.

Some pressure is felt when the appliance is activated, and there may be some tenderness felt in the back teeth. There may also be a change in speech. If this happens, speak slowly and distinctly, and soon your tongue will adapt to the change.



Dr Richard Pepperell  
Orthodontist

Level One,  
Ashmore City Medical Centre  
206 Currumburra Road  
Ashmore City 4214  
Queensland

Phone: 07 5564 7322

Email: [ortho@internode.on.net](mailto:ortho@internode.on.net)