

Information about the:

MARA APPLIANCE

Description:

This appliance is designed to improve the bite by changing the growth pattern of the upper and lower jaws. It also has an effect on the position of the dental arches as well. The goal of the Mara appliance is to help correct an overbite. The appliance has two stainless steel crowns covering the upper permanent first molars and another two crowns covering the lower permanent first molars. There are special attachments on the cheek side of the crowns which encourage the lower jaw to be held forward. This encourages lower jaw growth and reduces upper jaw growth.

Wear:

Since the appliance is glued to the molars, it is worn 24 hours per day. The length of time that the Mara appliance is in place varies from patient to patient. The AVERAGE length of time is 12-14 months.

Activation:

For some patients the Mara appliance may be activated every 4-6 months to further advance the position of the lower jaw.

Comfort:

Initially the Mara appliance causes a large change in the way that the teeth bite together. Adjusting to this new bite position takes some time and patience. The first week is the most challenging. Using cotton rolls at night as cushions help the cheeks to adjust. Eating soft foods for the first week helps the muscles to adjust and allows time for the patient to become accustomed to the new bite position.

Eating:

The first week of eating with the Mara appliance in place can be a challenge. Eating soft foods help the muscles and bite to adapt as quickly as possible. It is extremely important that sticky and hard, crunchy foods be avoided at all times. These foods can pull the appliance loose. If the appliance comes loose it can sometimes be reglued, but other times it will have to be remade at an additional cost to the patient. This also adds additional time to the length of the treatment.

Speech:

Speaking clearly with the Mara appliance in place, doesn't seem to be difficult for most patients. For those patients whose speech is affected, reading out loud in the evenings for 10-15 minutes for the first few nights seems to help.

Cleaning:

It is very important to keep the Mara appliance clean. It is necessary to brush after every meal and prior to going to bed. Food and plaque can build up along the edges of the appliance and along the gum line. This can cause an infection in the gums, swelling of the gum tissue, bleeding of the gum tissue and decay of the teeth. It is not difficult to clean the appliance but it does take extra time to brush when the Mara is in place.

