

Information about the:

## PENDEX APPLIANCE

### Description:

This appliance is used to move the upper molars back, and sometimes is used to widen the upper arch. Both of these changes help gain room for other upper teeth.

### Wear:

The Pendex is glued to some of the upper teeth, therefore it is worn 24 hours per day. The “average” length of time that a Pendex is in place is 3-4 months, but this can vary from patient to patient.

### Activation:

The pendex is preactivated in order to move the molars back and needs no assistance from you. If it is necessary to widen the upper arch a small key needs to be used to activate the inner screw found in the palate area. Your appliance is to be turned \_\_\_\_\_ per day for \_\_\_\_\_ days. Please DO NOT turn the screw more than we instruct you to. If you have been instructed to turn the screw and you have trouble getting the key in place don't panic. Just give our office a call and we will help get the screw turning again.

### Comfort:

Most patients find that their upper molars are sore for the first 1-2 days. If you are instructed to activate the screw on your pendex you will likely notice pressure in the upper jaw, teeth and sometimes nose area for approximately 5-15 minutes. 400 mg of Advil or Ibuprofen taken one hour prior to the placement of the Pendex and 6 hours after has been shown to reduce the soreness experienced. This information was published in the July 2001 issue of the American Journal of Orthodontics and Dentofacial Orthopedics. If you have been instructed to activate the screw and have trouble getting the key into the key hole – don't panic. Just call our office and we'll be happy to get the screw turning again for you.

### Eating:

Initially there is some awkwardness with eating and swallowing. Eating soft foods for the few days (eggs, yogurt, pasta, mashed potatoes) help during the adjustment period. All sticky and hard, crunchy foods should be avoided.

### Speech:

Your pendex can interfere with making certain sounds for the first few days. Reading out loud for 10-15 minutes each night helps adapt to speaking with the pendex in place.

### Cleaning:

It is very important that you keep your appliance very clean. Food, plaque and tartar can build up on the edges so we recommend that you scrub it with your toothbrush and toothpaste after meals and before you go to bed. Remember to keep the edges clean to prevent your gum tissue from swelling up and to prevent cavities from forming.

### Helpful Hints:

- If you are instructed to turn the inner screw a space will likely open between the two upper front teeth – this is NORMAL.
- If the appliance comes loose call our office immediately and do not continue turning the screw if you have been asked to do so.
- When turning the screw make sure you have good lighting and can see the hole easily.

### Success of the Pendex:

When patients follow our guidelines excellent results are achievable. We have found an increase success rate with those patients who are actively growing at the time the Pendex appliance is worn.

