



SUFFOLK
ORTHODONTICS

Creating Smiles

www.suffolkorthodontics.co.uk

Quadhelix

Your Quadhelix has been fitted today.

This is glued around your upper first molar teeth and is designed to achieve some expansion to your back teeth.

You may experience some discomfort for the first few weeks, and speech may be affected for a couple of days. The shape of your quadhelix may appear on your tongue and this may also be temporarily uncomfortable.

It is important to keep this appliance clean at all times. Avoid very sticky and chewy food and also food which is

very hard as this will damage the appliance and may even cause the glue seal to break.

It is important to brush your teeth and the appliance after every meal. You will have been shown how to use the patient relief wax - so keep this with you in case it is required.

You must continue to see your regular dentist for check-up appointments throughout your orthodontic treatment.

It is essential to keep all your appointments at the practice. Patients who fail to co-operate, maintain good oral hygiene or fail to attend regularly may have their treatment stopped.

From time to time breakages may occur - if this is giving you pain or concern then contact us for advice on 01473 636991 during normal working hours. Out of hours 111.