

Quadhelix

Information Guide



WHAT IS A QUADHELIX?

A Quadhelix is an appliance used for the early correction of a crossbite. A crossbite is when some of the upper teeth bite inside the lower teeth. This may be at the back and/or front of the mouth.

This appliance has an expansion wire, which is fitted to the upper molar teeth. It is compressed when fitted, so it gradually expands and pushes the back teeth outwards. A Quadhelix can also be used to help eliminate a thumb sucking habit.



APPOINTMENT SCHEDULE

A couple appointments are required to custom make and insert the Quadhelix.

Appointment 1: Intra-oral Scan (10 mins)

A 3-D digital scan is taken of the teeth and forwarded to a local laboratory where the Quadhelix is made with a combination of 3-D printing and traditional laboratory techniques.

Appointment 2: Inserting the Quadhelix (30 mins)

The teeth are polished and the Quadhelix is cemented to the teeth with a dental adhesive. Care instructions are also given

Subsequent appointments with the orthodontist are usually scheduled every 8-10 weeks to adjust the appliance until the desired amount of expansion has been achieved. The Quadhelix will be in place for 4-6 months. Most people will be fitted with a retainer after their Quadhelix has been removed.



ADJUSTING TO LIFE WITH A QUADHELIX

With any new appliance there is a period of adaptation. It can be challenging to talk, eat and drink, but with practice improves rapidly.

There is usually some discomfort for the first few days after the Quadhelix has been fitted and following any activation appointments. Mild pain relieving medication can be taken, if required.

Sweet and acidic food and drinks are best avoided, as they can damage the teeth. It is also important to avoid eating sticky foods, as they can cause the Quadhelix to break or become loose.

Pure Orthodontics

phone: 9370 3155 | www.pureorthodontics.com.au | email info@pureorthodontics.com.au



