

# Quadhelix

## Instruction Guide



### ACTIVATION OF YOUR QUADHELIX

Your Quadhelix is activated by your orthodontist prior to insertion. Your appliance will be checked and adjusted every 8-10 weeks. You may feel some tenderness after your appliance is activated. Soft food is recommended for the first couple of days after your adjustments. Mild pain relieving medication can be taken, if required.



### CARING FOR YOUR QUADHELIX

A small toothbrush is very helpful for cleaning in and around your Quadhelix. Make sure you brush off any food or plaque which may be caught around the appliance.

### EATING AND TALKING

When the Quadhelix is first fitted, it can be challenging to talk, eat and drink. These things will improve quickly as you adapt to the appliance. To speed up the adaptation process you can:

- Take small sips of water from a drink bottle to help with tongue placement during swallowing.
- Cut food up into smaller pieces when eating.
- Read out loud (or simply talk a lot) to help with pronunciation.

You may also notice that you will get a small indentation on your tongue where it touches the appliance. This will disappear after the appliance is removed.

### WHAT CAN I EAT?

It is most important to avoid eating sticky foods (especially sweets), as they can cause your Quadhelix to become loose or break. For the most part, just continue to eat normally. **For more information, please see our Food Guide.**

IF YOU ARE EXPERIENCING ANY DIFFICULTIES WITH YOUR QUADHELIX, PLEASE  
CALL OUR CLINIC

Pure Orthodontics

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