

QUAD HELIX Appliance



- An appliance made of stainless steel wire has been placed in the roof of your mouth. This appliance will be adjusted at regular intervals until the desired amount of correction has taken place
- You may experience a little discomfort in the first few days of having your new appliance, if you need to, you can use Panadol, please follow the instructions on the packet
- Please brush your appliance and teeth daily with toothbrush and toothpaste

- Avoid eating any foods that are sticky, which means NO Mars Bars, Snickers, Fantaes, Minties, Redskins, Toffees and Fruit Rollups as these foods can damage the appliance
- You may notice a depression on your tongue matching the appliance in the roof of your mouth, this is normal and will disappear when the appliance is removed



Suite 22: Level 1, 7-9 Barwell Avenue CASTLE HILL
Tel 9899 4322 www.brace5.com

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