

## **Instructions for Hyrax/Pendex**

The appliance that the doctor placed today is called a Hyrax/Pendex. Its purpose is to make the upper jaw wider. By expanding the upper jaw we can correct cross bites and make space so that the adult teeth can be aligned properly.

The doctor asks that the Hyrax/Pendex be turned (the doctor will let you know how often to turn the expander).

Always place the spring that is attached to the metal key around your wrist prior to activating the appliance. This is a safety string and will ensure that the key is not swallowed. Next, insert the key into the hole that is closest to the FRONT of the mouth. Push the key straight towards the back of the mouth until it cannot be pushed any further and then gently slide the key out of the hole. Repeat these procedures for all subsequent activations. Always activate the Hyrax/Pendex in one direction (from the FRONT of the mouth to the BACK). Each time the Hyrax/Pendex is activated it expands the jaw about ¼mm. This is about the thickness of a human hair. Over the next few weeks, these small increments of expansion will add to complete the correction. It is important that the patient is seen by the doctor EVERY WEEK until the expansion process is completed (average time = 3-6 weeks). Patients can expect that a large space will open between their top front teeth. This space will open quickly. The space will close on its own in approximately 50% of all patients. Patients can expect that their teeth and gums will be sore for a couple of days. Some patients may experience a feeling of pressure in their sinus region (around eyes and nose) after each turn. Any patient experiencing a significant amount of discomfort should take the recommended dosage of Tylenol or Advil. (Please remember that children under 12 years of age should not take aspirin.) Speech and swallowing may be difficult for the first few days. Hang in there, it takes about a week, but everybody gets used to it.

The Hyrax/Pendex is sealed to the patient's teeth with a thin layer of adhesive (which is like glue). We do not use a permanent adhesive because eventually we will want to remove the Hyrax/Pendex. Therefore, we ask that patients DO NOT eat sticky foods such as caramel and gum. These sticky foods will cause your appliance to become loose, which can slow down your treatment and make it less effective. Also, it is important to take good care of your teeth and gums while in treatment. Food particles and plaque can easily gather around the Hyrax/Pendex. If you are not cleaning your teeth well 2 to 3 times a day, you may end up with cavities, decalcification (scars on your teeth), and/or gum disease. Please spend extra time BRUSHING and FLOSSING your teeth and remember to see your dentist regularly while in orthodontic treatment.