



*Yenne & Schofield, P.C.*  
SPECIALISTS IN ORTHODONTICS

## ORTHODONTIC APPLIANCE FACT SHEET

### Quad Helix

The quad helix is an appliance made of metal wires that attach to the upper first molar bands. The wires run along the top of your mouth and are joined together by four loops (hence, quad helix). The loops are designed to make the appliance more flexible. The purpose of the quad helix is to expand and rotate the upper molars. This appliance is not removable.

### Things to Know

- Avoid sticky foods such as taffy, caramels, gummy candies, Starburst, Skittles, and gum as they might loosen the appliance. Also, avoid hard foods such as ice, nuts, and hard candy as these might break the quad helix.
- Thorough, but careful, brushing around the appliance is important to keep it and your teeth clean and free from cavities.
- Initially, your teeth might feel sore after placement of this appliance. Also, you might notice extra saliva in your mouth and slight speech impairment. This is expected and should go back to normal after a few days. Expect about a week of mild discomfort, where the appliance may feel bulky and uncomfortable in your mouth.
- Each patient is unique, and their needs are different. For some people, the use of an over-the-counter pain reliever similar to that taken for a headache can be used to help the soreness. If this is needed, it is usually only for a day or two.
- Speak out loud as much as possible during the first couple of days to allow your tongue to get used to this appliance.
- Certain areas of the quad helix or bands to which it attaches might bother your cheeks and tongue at first. This usually goes away after a few days, but the use of wax will help to minimize the discomfort while your mouth is adjusting. A common problem with the quad helix is a sore or inflamed tongue. This usually happens because a patient involuntarily pushes against the appliance with their tongue while they are sleeping. The soreness or inflammation is temporary and should go away after about a week. Rinsing with warm salt water or Peroxyl 2x a day and the use of Benzodent will help bothered areas feel better and return to normal.
- Please call us immediately if anything feels loose or broken.

### Emergencies

If you have an after-hours emergency that cannot be resolved after following the instructions provided, please call our on call assistant at 971-900-1568