

TRANSPALATAL ARCH

A Transpalatal Arch helps to align your upper molars.

Initially, you may experience discomfort on your molars. Take some form of analgesic (Advil or Tylenol) as prescribed on the bottle. Also, swallowing will be difficult at first. Give it time! It will get better. Taking smaller bites of food and swishing with water will help loosen food that lodges under the arch. A Waterpik, and attentive brushing, will help keep this appliance clean.

Don't be alarmed if your tongue develops an indentation from the arch. Warm salt water rinses at least four times a day will help this.

Expect it to take at least 7 days to feel more comfortable with this appliance.

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