



# Peel Orthodontics

More Than A Smile



## TRANS PALATAL ARCH

*Your Trans-Palatal Arch, (TPA), is designed to hold space. It should also allow the adult teeth to erupt towards their correct position.*

## THE FIRST WEEK

*For the first few days, your TPA will feel strange and bulky, but you will get used to it. You will notice that:*

- You produce more saliva, and eating and swallowing is more difficult at first.*
- Your speech is affected. The best way to overcome this is to read out loud and practise the difficult sounds for ten minutes somewhere you will not be disturbed. You will be surprised how quickly you can adapt*
- If it does cause an indentation of the tongue, keep this clean, by brushing it. It should settle within a few days*
- If the attachments on the side of the bands rub against your cheeks, please use the wax we have provided.*



## DIET

*Biting into sticky foods, or eating hard foods can loosen your appliance. Avoid lollies such as Minties, and red skins as well as chewy lollies such as chewing gum, toffees etc. Biting on ice and hard food like pop corn should also be avoided.*



## CLEANING

*It is important to clean around your bands to avoid any food becoming stuck. Use interdental brushes and floss in these areas as directed by our staff when your appliance was fitted. In addition to this, you should always use a fluoride mouth rinse and toothpaste. Follow the directions on the label.*



## MAINTENANCE

*If you do not clean effectively, plaque will build up on your teeth. Your gums will become infected and swollen, and bleed easily.*

*The plaque bacteria also make acid, which can make white marks, and even cavities, under your bands. This is preventable, but very difficult to fix later.*

*If your cleaning is not good enough, it may be necessary to remove your appliance and stop your treatment because of the risk of damage to your teeth.*

*Please ensure you see your family dentist every six months for a professional clean and dental examination.*

## CONTACT US

*If you have any queries, please contact us on 9586 9653, [info@peelorthodontics.com](mailto:info@peelorthodontics.com), or private message through Facebook. There is an emergency page on our website at [www.morethanasmile.com.au](http://www.morethanasmile.com.au). If you still require assistance after hours, please leave a voice message on 0444 579 936 and someone will get back to you.*