



PENDULUM APPLIANCE

The Pendulum appliance is used to correct the side bite of the teeth. This appliance uses the roof of the mouth (palate) as an anchor to move the back teeth (molars) into their correct position. This will result in more room for crowded teeth. It will allow permanent teeth to erupt into better alignment also. Sometimes an expansion device is incorporated into the pendulum appliance to widen the upper jaw in addition to pushing the molar teeth back.

The Pendulum appliance is cemented in place. A large plastic button touches the roof of the mouth and wires attach to the biting surfaces of the teeth and springs attach to braces on the inside of the back molar bands.

- 1) Your teeth cheeks and tongue may be sore for a few days after initial placement. During this period you may need to use your wax until your mouth adjusts to your new appliance. Use salt water rinses, eat softer foods and taking pain relievers such as Ibuprofen (Advil, Motrin), Naproxen (Aleve) or Tylenol will help you through any discomfort. You may notice indentations or marks on you tongue from the appliance. This is normal and the indentations will disappear after the appliance is removed.
- 2) Your speech will be affected for a few days. Reading or singing out loud will help you get used to your appliance.
- 3) Spaces will develop between the molar teeth as the molars are moved back. This is a sign that the appliance is working properly. After the Pendulum appliance has moved the back molars into the proper position the appliance is removed and a Holding Arch is placed to hold and maintain the back molars in their new ideal position. This Holding Arch has a smaller plastic button that rests on the roof of the mouth and connects to the back molars anchoring them and preventing them from moving back forward.
- 4) Be careful what you eat with your Pendulum appliance in place. No sticky foods, gums, taffy or caramels should be eaten. Since the plastic button collects foods readily, cut down on foods, snacks and beverages high in sugar. Rinse vigorously after meals to flush out any food that may accumulate under the plastic button. A Water Pik may help flush out trapped food as well.
- 5) Brush on and around the plastic button on the roof of your mouth every time you brush your teeth. Pay extra attention to where the springs attach to the molar teeth. **BRUSH 3-4 TIMES A DAY.**
- 6) Check the appliance daily. *If the appliance becomes loose or one of the attachment arms becomes unglued, call the office for an appointment as soon as possible.*