



RME AND QUAD HELIX EXPANSION APPLIANCES

The aim of both the Quad Helix and RME Appliances is to create some expansion of the upper jaw and teeth.

RMEA INSTRUCTIONS

The RMEA requires the patient or patient's parent to turn a screw located in the middle of the appliance to effect the expansion. The Orthodontist will explain how to turn the screw, how many times to turn it and for what length of time.

Turn screw every:.....

For the next:.....

Tips for turning the screw:

1. Using the device provided, insert the metal end into the hole at the front of the screw (towards the front of the mouth).
2. Gently and slowly push the device toward the back of the throat (in the direction of the arrows) until it won't turn any further. The patient will usually feel pressure while the screw is turned.
3. Leaving the device in place gently wiggle the turning device out of the screw (straight down), **you should take care not to move the device forward while removing it** (while it is in the hole) as the screw will be turned back the way it has just come.

After completing one turn you should see that a new hole has appeared at the front of the screw again.

QUAD HELIX INSTRUCTIONS

The Quad Helix does not require any adjustment by the patient and is solely adjusted by the orthodontist during the normal braces adjustment visits.

QUAD HELIX AND RMEA

Both appliances affect speech as they sit over the palate. Speaking will become easier in time, with the first few days after fitting being the hardest. Saliva will increase for a few days but this will settle quickly back to normal. It is important not to press the tongue into the appliance unnecessarily as this can cause soreness and occasionally an imprint of the appliance will be seen on the upper surface of the tongue, this will disappear once the appliance is removed.

Cleaning is achieved simply by using your toothbrush and toothpaste at the same time as you clean your teeth.

Avoid eating any hard or sticky foods as these can damage the appliances.

If you have any persistent discomfort or damage occurs to the appliances don't wait until your next visit, please contact the practice for advice.