

## Quad-Helix Appliance

### What is a Quad-Helix appliance?

A quad-helix is a type of fixed appliance which sits in the roof of the mouth. It is attached to the molars by two bands and contains two or four active helix springs. The springs widen the arch of the mouth with the goal of creating additional room for crowded teeth or to correct a posterior cross-bite. A posterior cross-bite occurs when the lower teeth are outside the upper teeth



### How is a Quad-Helix fitted?

Quad appointments are spread across three visits.

**Visit 1:** A short appointment to fit some little separators between the upper first molar teeth. These normally stay in for a week in order to create a small amount of space for the metal rings to seat comfortably.



**Visit 2:** A slightly longer appointment. The separator bands are removed and metal bands are tried in for size. Once the correct size has been chosen, an impression is taken of the top teeth. These impressions along with the bands are then sent to the lab to make the quad helix appliance. Usually at this visit the small separators are re-fitted to hold the space until we fit the appliance.



**Visit 3:** The quad-helix is back from the lab and ready to fit. The clinician will use a fluoride releasing cement to fix the appliance in place. This will be in for the duration of the treatment.



We will continue to review the quad helix over a few visits. At these visits the quad is normal removed, activated a little more and then refitted in the mouth.

### How do you look after a Quad?

Flossing is essential as food can get trapped under it. Use super floss or interdental brushes daily. These can be threaded under the arms and wires to flush out any debris.



Ensure to use a fluoride based mouthwash daily. This is to be used at a different time to your brushing and will also help to flush out any food or plaque stuck under the appliance.

It is important to avoid anything fizzy, chewy, sticky and hard during treatment. This is to avoid breaking the appliance and also causing higher risk of decay to the teeth. All tough foods are to be cut up small. If the quad becomes loose or broken, ensure to ring the practice so an emergency appointment can be arranged.



The appliance may cause mild aching or discomfort initially. If so, over the counter pain relief is recommended if needed.

Speech may be challenging and you may have a slight lisp during your first few days with the appliance. With practice, you will learn to articulate around the appliance