

TPA Nance Appliance

What is a TPA Nance appliance?

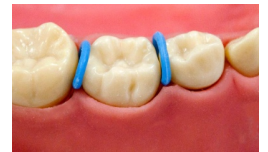
A TPA is a type of fixed appliance which sits in the roof of the mouth. It is made of a sturdy wire which has bands attached to it that sit around the first molars. The most common use of these appliances is to hold the back teeth in their correct position whilst we move the surrounding teeth. Usually this is fitted prior to taking any teeth out.



How is a TPA Nance fitted?

TPA Nance appointments are spread across three visits.

Visit 1: A short appointment to fit some little separators between the 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 TPA Nance appliance. Usually at this visit the small separators are re-fitted to hold the space until we fit the appliance.



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



How do you look after a TPA?

It is important that the TPA as well as the surrounding area is kept clean to avoid plaque build up and decay.

Flossing under the Nance is essential as food can get trapped under it. Use super floss or interdental brushes daily. These can be threaded under the TPA 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. Ensure sweet foods are consumed at a maximum of a couple of times a week with a meal. And all tough foods are cut up small. If the TPA 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