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ABOUT YOUR HYRAX

This appliance is cemented in for about 6 months. At first you will have more saliva and your speech will be affected. That will soon go away.

Some steps to help you:

1. We suggest ibuprofen (advil, motrin) for any discomfort that may occur.
2. Warm salt water rinses daily should keep food from getting caught in the appliance.
3. The appliance needs to be activated either by a parent or by yourself (if able to). This needs to be done **ONCE A DAY EVERY DAY** either in the **AM** or **PM**.
4. We will give you a key and demonstrate. The key is placed in the hole in the center of appliance. You will then push the key towards the back of the mouth. You will **NOT** be done until you see another hole appear. Then you may gently remove key. Always double check that you can see the next hole.
5. You may develop a space between your two front teeth. **DO NOT WORRY!** We need that space. It will close.
6. After expansion is complete, the appliance will stay in for a few months to act like a retainer.
7. **IF ANY PROBLEMS OCCUR, PLEASE CALL THE OFFICE.**