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MARA INSTRUCTIONS

1. You will have to make a conscious effort to bite forward with your lower jaw until your muscles become accustomed to the new position, and it will take a good week before they feel completely comfortable.
2. You may bite your cheeks until you learn to avoid them.
3. There will be difficulty in eating for four to ten days and you will be biting on your incisors. Cut your food into small pieces to keep frustration with chewing to a minimum. You will be able to eat just about anything in your normal diet in a few days.
4. It is possible for the lower arm to get locked into the upper elbow. This doesn't happen often, but if it does and you cannot disengage it with gentle movement, call the office and we will provide immediate care. (Unlocking the appliance can be done easily by simply removing the elastic and sliding the elbow forward. Once either elbow is removed, it will unlock easily from the other side).
5. Although it is uncommon, you may have a puffy look to your cheeks. The puffiness will disappear over the next several weeks.
6. Patients sometimes experience soreness in the cheek area. The soreness will go away as the tissue toughens and a callous forms.
7. Due to the exceptional forces on the appliance during chewing, a crown may come loose. If this occurs, it is very important to avoid closing down with a lot of force banging the upper elbow against the lower arm. This behavior will result in appliance breakage.
8. An upper elbow can be lost in spite of being tied in with an elastic. If the elbow comes loose, save it and bring it with you when you come in to have the elbow re-tied. Most of the time you can replace an elastic and retie the elbow yourself. If you are unsuccessful, please call the office immediately so that an appointment can be scheduled to have the elastic replaced.