



dobie+rollins  
orthodontics

## MARA Appliance 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 4 – 10 days** and you may be biting on your incisors. Cut your food into small pieces to keep frustration with chewing to a minimum. Your eating habits should return to normal 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, please call the office.
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 of 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.

