



## GORTON & SCHMOHL ORTHODONTICS

### THE PENDULUM APPLIANCE

The Pendulum appliance is named because the action of the wires moving the upper rear teeth backward is similar to the motion of a pendulum. This retainer like appliance remains in the mouth for three to six months.

**Diet and Care:** Hard and sticky foods must be absolutely avoided. Please refer to your Eating Habits list of problem foods as a reminder. Soft food and small bites will be helpful in the beginning since the teeth are held apart by the appliance. The upper back teeth may be sore for one to two days. This discomfort can be relieved with Tylenol.

**Tooth brushing:** In addition to normal brushing, please brush all the edges of the plastic vigorously as well as the slot between the plastic if you have an expansion screw. The proxy brush we have given you works well in this area. Rinse your mouth vigorously after brushing to try to irrigate the roof of the mouth under the plastic.

**Problem Areas:** The wires in the back of the Pendulum appliance may irritate the tongue for the first few days. Please place wax on the springs as necessary, particularly when sleeping. If the springs make a sore area on the roof of the mouth, please call the office for an adjustment appointment. If the Pendulum appliance has any of its four anchor wires come loose, please call the office immediately.

**Expansion:** If you have an expansion screw to widen the upper teeth, please use the key to turn the screw twice a week as we have shown you. While some patients can turn the expander themselves, many have a parent, using a small flashlight for better vision, insert the key and turn it towards the back of the mouth. You should feel some slight pressure when it is activated. Please call the office for further instruction if you are unable to turn the key.