

## Quad Helix



The Quad Helix is an appliance used to correct cross bites, expand the upper jaw and align crowded teeth. The Quad Helix is comprised of orthodontic bands (metal rings) cemented to the molars connected by a W shaped adjustment arm. This appliance will be activated at the office by Dr. Sabelis as needed.

Proper oral hygiene is very important especially while in treatment. Teeth should be brushed 3 times per day. It is very important to angle the bristles of your soft tooth brush to effectively clean around the attachments and wires. An interproximal brush may be used to remove debris trapped under the wires. Remember to floss your teeth daily.

There are metal attachments on the appliance that may initially irritate the inside of your cheek. You may want to use the soft wax that we have provided to you to ease the discomfort. If you do receive small cuts/scratches on the cheek we recommend warm salt water rinses and the use of Peroxyl (an over the counter mouth rinse made of hydrogen peroxide and mouthwash) to keep the tissue healthy.

Please avoid all sticky, chewy, goey, crunchy and hard foods such as gum, caramel, skittles, nuts, popcorn and hard candy.

If the Quad Helix becomes loose or causes you discomfort please call the office so that we may assist you.

The clinical team at Sturbridge Orthodontics  
Dr. Ferdinand Sabelis  
Lori Heller, Tina Johnson, Jodi Scola and Robin Temple  
[www.SturbridgeBraces.com](http://www.SturbridgeBraces.com)

