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*Diplomate of the American Board of Orthodontics*

*Practice Limited to Orthodontics / Dentofacial Orthopedics*

## **Your New Pendulum**

### **PURPOSE**

The pendulum is a fixed appliance that rests along the roof of your mouth and is attached with bands to the molars. It is used for a Class II malocclusion (the lower teeth are too far behind the upper teeth). This appliance is used to move the molars towards the back of the mouth. Since the appliance is cemented/bonded to the upper teeth, it is to be worn 24 hours per day.

### **ACTIVATION**

Activation will be done by your orthodontist one side at a time. You may experience slight pressure or soreness on the side that is activated.

### **EATING**

Initially, there will be some awkwardness in eating and swallowing; this soon goes away. Your diet will need some slight changes. For the first few days stick to liquids and very soft foods such as eggs, yogurt, mashed potatoes, pasta, etc, and chewing small pieces is helpful. After this short period of adaptation, most foods can be consumed. However, continue to stay away from hard and sticky foods.

### **CLEANING**

It is very important to keep your appliance clean. Food and tartar can build up on the edges, so we recommend a quick rinse or scrub after meals. Scrub your appliance thoroughly with your toothbrush and toothpaste at least once a day. It is very important to scrub the edges of your appliance at the gum line so that redness and soreness do not develop. It is also very important that the space between the appliance and the roof of your mouth be kept very clean, using either a water pick or vigorously swishing water in the mouth. If food debris is left there, it will cause irritation and discomfort to the top of the mouth.

### **SPEECH**

Your fixed appliance will usually alter speech for several weeks as you get used to it. We strongly recommend slowly reading out loud for 5 to 10 minutes each night to practice your pronunciation. This speeds up the adaptation process.

### **COMFORT**

At the sides of the appliance are some metal attachments that may initially irritate the inside of the cheeks. Soft wax will be given to press over this area while your mouth is adapting. Also, quite helpful is the use of warm salt water rinses twice daily for the first week (1/4 teaspoon of salt in 1/2 cup of water).

### **OTHER THINGS**

If the appliance becomes loose call our office for an appointment right away and keep the appliance seated on your teeth. If the appliance comes off the teeth, rinse and brush it and place it over the teeth again. Please call our office as soon as possible. After the activation, there will be a holding period to allow the change in the upper jaw to stabilize before the appliance is removed.

