



## PENDULUM APPLIANCE

### Patient Instructions

You or your child has just received a Pendulum Appliance. This device is fixed in place and is designed to move the molars in a more “distal” or posterior direction (like a “head-gear”). The Pendulum typically serves to correct crowding and, in some cases, flaring of the front teeth.

The day the Pendulum is delivered, either the right or left side of the appliance will be activated to begin moving the molar on that side in a posterior direction. At a subsequent appointment, the other side of the appliance will be activated. Once the desired molar relationship has been achieved, the appliance will be removed. This typically occurs after six months and, upon its removal, a fixed retainer-type appliance (called a Nance) is delivered to maintain the correction. Depending on the age of the patient, and the presence of permanent teeth, braces can be used in conjunction with this appliance.

As with any new orthodontic appliance, there is an adjustment period following the initial delivery. The following are helpful suggestions:

- 1) It is very important that excellent oral hygiene be maintained while this appliance is in place. The use of a “Water Pik” is often helpful in keeping the roof of the mouth clean.
- 2) Some tooth soreness is to be expected, lasting three to five days after initial appliance delivery and also after each activation. Analgesics such as ibuprofen have proven to be most effective. If ibuprofen can not be tolerated, the use of other analgesics is very helpful.
- 3) If the appliance should appear to be loose or if there is persistent pain, call the office for an appointment.

Should you have any questions, please do not hesitate to call our office.

