

W-Arch Instructions for Adults

You have been fitted with a special orthodontic appliance called a W-Arch which is designed to gently expand, or widen, your dental arch by orthodontically moving your teeth outward within your upper arch. Gentle pressure is applied to the upper molars and teeth each time an adjustment to the W-Arch is made, and slowly but surely, the desired expansion is achieved over time.

Once the palate has been widened to the appropriate distance, the suture will naturally become knitted together with newly formed bone.

Important Notes and Cautions:

- Consume only soft foods for the first few days after receiving the W-Arch
- Avoid consumption of any hard and/or sticky foods such as caramels, bubble gum, crisp vegetables, or hard candy, all of which have the potential to dislodge, bend or loosen the appliance. Popcorn should also be avoided, as it is known to get lodged beneath the W-Arch, causing gum infections.
- Clean the W-Arch by brushing in and around it thoroughly with your toothbrush after meals, particularly next to the gums, to keep it free of food and plaque. Using a WaterPik to clean in and around your W-Arch can also be very helpful in dislodging food particles.

Normal and Expected Possible Effects:

All the symptoms listed below fall within the range of normal and expected effects of being fitted with a W-arch. Such effects are typically short lived, and should not be considered reasons for premature removal of the expander.

- Although it should not be painful, a sensation of pressure, tenderness and/or tingling in the teeth, palate or nose may be noticed when the W-arch is adjusted. (Use mild over the counter pain relievers such as Tylenol or Ibuprofen as needed if discomfort occurs.)
- Temporary lisp and/or slurred speech.
- Temporary excess saliva production. (Closing the lips and swallowing before speaking is helpful.)
- Temporary tongue irritation.
- Temporary difficulty in chewing and/or swallowing.
- Mild headache.
- The bite may feel slightly 'off'.