



Quad Helix

Instruction guide

About your Quad Helix

A Quad Helix is a fixed expander used to widen the upper jaw (maxilla).

It applies gentle, consistent pressure and does NOT require manual adjustment by the patient or parent.

It will be in place for approximately 6 to 12 months (or desired results achieved)

You will be seen by the orthodontist approximately every 6-10 weeks.

What to expect

As the quad helix is fitted inside the roof of the mouth eating and speech will be different at first. An increase of saliva production is very normal and will settle down quickly. It is normal for a gap to appear while creating space and will be corrected later.

Your mouth may feel tender after an adjustment with the orthodontist, normal pain relief can be taken if required.

A soft diet for a few days after your visit can help with any discomfort.

Sticky foods like toffee should be avoided as it can remove your quad helix.

Hard foods like carrots and apples are ok chopped up into small bite size pieces. Avoid corn chips, popcorn, hard crackers, etc which can loosen the glue.

Drinking may take some practice. Small sips of water from a water bottle will help.

Lots of talking, reading out loud and singing will help your speech to adjust quicker to the appliance.

Caring for your Quad Helix

Use a toothbrush with a small head to clean in and around the wires.

Drink or rinse with water if unable to brush after eating.

PLEASE CONTACT US WITH ANY QUESTIONS OR CONCERNS

Continue to visit your general dentist 6 monthly



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