# MARA/Herbst

This appliance works by pushing your top teeth back while pushing your lower jaw and teeth forward.

At first, this appliance makes your mouth feel very full. It may even make some parts of your mouth sore. It will take two or three days, sometimes up to a wee to get used to having it in your mouth. A common treatment time is 9 to 12 months.

Braces can be worn with the appliance to get the teeth in the right positions while the jaw position is also corrected. Wax can help you get used to wearing the appliance.

Make sure to brush effectively, removing all food particles from your teeth and the orthodontic appliance. Avoid hard and sticky food.

If any part of the appliance comes off, please schedule an appointment immediately and bring it back to your appointment. If they are lost they must be custom ordered and there may be a charge for each replacement.

If your appliance has an expander, please follow these directions.

Upper Jaw: 1 turn every _____day(s), for total of _____turns, then STOP.

Lower Jaw: 1 turn every _____day(s), for total of _____turns, then STOP.

Please mark each day you turn:

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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**Please bring this sheet back with you at your next visit. Thank you!**

Today's date: _____

If you ever have questions about your appliance, never hesitate to ask your orthodontist. We want to ensure that your orthodontic journey is as smooth as possible.