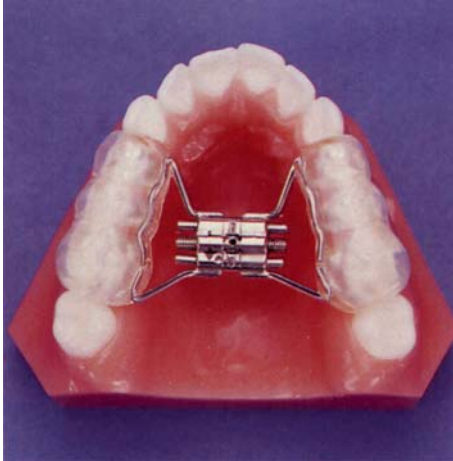




# Hyrax

From the Office of Dr. Michael J. Guy 511A Lakeshore Drive, North Bay ON, P1A 2E3



**You or your child have just received an palatal expansion device called a “Hyrax”. It will be in for approximately 6 to 9 months. The first month is the active phase. The rest is a retentive phase.**

## What it is

It is a bonded appliance (that is you can't take it out). This appliance is used to orthopedically widen or develop the upper jaw by separating the midpalatal suture. The screw when activated opens and a small force is transmitted through the teeth to the underlying bony support.

## Uses

It is usually used in children who have a mixture of permanent and deciduous (baby) teeth to treat crowding due to a narrow archform. This procedure allows for the creation of more space into which permanent teeth can erupt.

## Patient Instruction

### Activation

The rapid palatal expansion appliance must be activated once per day (usually at bedtime). until you are instructed to stop expanding the appliance.

## Follow these instructions:

Attach a length of string or dental floss to the loop of the key. Activate by placing the key into the into the front hole in the screw. Rotate the key down and back toward the throat, one-quarter turn (or until you can't turn it anymore). Push the key up and back until the next hole becomes visible. Remove the key from the hole by moving the key downward toward the tongue, not forward. Make sure the key is grasped firmly between the index finger and the thumb before activation of the appliance.

## What to expect

During the activation of the appliance, some pressure may be experienced at the bridge of the nose, or around the ears and cheek or between the incisors (front teeth). This feeling of pressure is expected during the use of the appliance. After approximately one week, a space may open up between the two front teeth. After activation this space will start to close. This is a normal occurrence.

## What we expect for you

*You cooperation is important to the success of this treatment.*

## Oral Hygiene

Besides your regular brushing, it is very important that the space between the appliance and the roof of the mouth be thoroughly cleansed preferably with a water pik if it is available. If food debris is left, it is a source of irritation to the roof of the mouth and will be uncomfortable to the patient. In extreme circumstances, localized infection may result.

If the appliance becomes loose or if there is persistent pain, call the office for an appointment as soon as possible.

## Visits

During the active phase (the first month) of treatment with this appliance it is of utmost importance to be seen on a weekly basis. If for some reason the patient misses an appointment, expanding the appliance should be discontinued until the patient is seen. After the active phase visits once a month are adequate