

Quadhelix

Information Guide

WHAT IS A QUADHELIX?

A Quadhelix is an appliance used for the early correction of a crossbite. A crossbite is when some of the upper teeth bite inside the lower teeth. This may be at the back and/or front of the mouth.

This appliance has an expansion wire, which is fitted to the upper molar teeth. It is compressed when fitted, so it gradually expands and pushes the back teeth outwards. A Quadhelix can also be used to help eliminate a thumb sucking habit.



APPOINTMENT SCHEDULE

The Quadhelix is custom made for each patient. This means a few appointments are required before the Quadhelix is inserted.

Appointment 1: Separators (5 mins)

Small rubber rings, called separators, are placed adjacent to the upper molar teeth. They should remain there until the next appointment.

Appointment 2: Band Fit and Impression (20 mins)

The separators are removed and bands are fitted around the upper molar teeth. An impression is taken of the teeth and bands. These are sent to our lab technician who custom makes the Quadhelix. New separators are inserted.

Appointment 3: Inserting the Quadhelix (30 mins)

The separators are removed, the teeth polished and the Quadhelix is cemented to the teeth. Care instructions are also given.

Subsequent appointments with the orthodontist are usually scheduled every 8-10 weeks to adjust the appliance.

ADJUSTING TO LIFE WITH A QUADHELIX

With any new appliance, there is a period of adaptation. Talking, eating and drinking can be challenging, but with practice improves rapidly.

There is usually some discomfort for the first few days after the Quadhelix has been fitted and following any activation appointments. Mild pain relieving medication can be taken, if required.

Sweet and acidic food and drinks are best avoided, as they can damage the teeth. It is also important to avoid eating sticky foods, as they can cause the Quadhelix to break or become loose.

