

Helpful Information and Suggestions For Your New MARA Appliance

The MARA appliance has been designed to correct your bite by aligning your lower jaw with your upper jaw. If necessary, it can also improve your facial profile in addition to correcting the way your teeth fit together when you chew. The MARA was custom-made to fit inside your mouth. It has been attached to the teeth using special fluoride-releasing cement that is durable but still requires you to follow the food and drink guidelines given to you.

The MARA guides the lower jaw forward using upper “elbows” and lower arms. At first your back teeth will not meet the same way as they did prior to the placement of the appliances, but the MARA will begin working the first day so try to be patient while progress is made to correct your bite. Patients are usually chewing normally after approximately one week. Until then, you may want to eat soft foods during the adjustment period. Any tenderness of the teeth that you experience should pass after a few days. Whatever pain reliever you would normally take for a headache will help to reduce the discomfort.

While you are first adapting to the MARA, the elbows or arms on each side may irritate the inside of your cheeks. The cheeks will toughen up with time as the tissue adjusts to the presence of the appliance. Until the sore spots resolve, you can place cotton rolls or wax in the affected area. Orabase or Zilactin can be purchased at the local pharmacy and applied to help heal any sores that develop. Cotton rolls can be placed next to the arms to cushion the cheeks.

Infrequently, an elbow or crown can become loose. Please save any loose or broken pieces and call the office so we can schedule an appointment to repair the problem. Although the MARA is resistant to breakage, nothing we cement into the mouth is indestructible. Please follow the food guidelines accordingly!

In order to continue making progress with your jaw position and the correction of your bite, we will periodically advance or “activate” the MARA. Following an activation appointment, you will feel your lower jaw being guided farther forward, which will once again change the way your teeth meet when you bite. To achieve an acceptable result, some patients will even need to be “super-activated” into an overcorrected position (an underbite). This is only temporary and will help us to achieve a stable, ideal position once the MARA is removed.

Good luck adjusting to your new appliance. We have chosen it for you because we think it is the most efficient and effective way to correct your orthodontic problem while achieving facial balance. Please be patient during the adjustment period. You and your bite will be feeling great in no time!