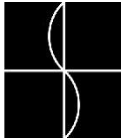


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Pendulum Appliance

The purpose of the pendulum is to push back your upper molars and produce a lot of space in front of them so the rest of the teeth can be moved back into the space to eliminate the overbite.

The pendulum will get glued onto the upper molars and will rest over the palate. Most often it is also used as an expander.

The following instructions must be followed so that this appliance can create the best possible results:

- It will take you about one week to get used to this appliance. It will cause soreness to the cheeks and tongue. Rinse 4-5 times a day with warm salt water will expedite healing.
- Practice reading out loud at home. The more you practice, the sooner you will speak normally.
- All sticky and crunchy foods must be avoided as not to break the appliance. Some examples are: taffy, caramel, gum, crunchy pizza, ice, nuts, chips, pretzels, candy, and hard tacos. Anything that is crunchy or sticky should be avoided.
- If your pendulum has an expander, it needs to be turned every other night or as otherwise instructed right before bed. Do not start to turn the pendulum until your next appointment. We will then show you how to do it. This may or may not apply to your appliance.
- The appliance may make your mouth water and swallowing difficult for a couple of days. With time, your mouth will adjust and will return to normal.
- In a few days, you WILL forget this appliance is in your mouth.

Good luck!