

## All About the FIXED PENDULUM/EXPANSION APPLIANCE (FPAE)

### Description:

The Fixed Pendulum/Expansion Appliance (FPAE) is comprised of rings (bands) around the maxillary (upper) permanent first molar teeth, stainless steel occlusal rests (wires) that sit passively in the grooves of the middle teeth, composite resin (dental glue made from the same material as sealant or filling material) that helps to anchor the appliance, an acrylic (plastic) frame that sits on the roof of the mouth, an expansion mechanism in the midline, and springs that attach to the bands.

### Usage:

The Fixed Pendulum/Expansion Appliance (FPAE) affects simultaneous maxillary expansion and posterior (backward) movement of the molar teeth to create space for permanent teeth to erupt naturally while also improving the bite (fit and function of the teeth).

### Cleaning:

We encourage patients to rinse with water after eating to help clean the appliance. Brush and floss as usual, taking special care to clean around the bands, the palatal acrylic, the expansion mechanism, and the springs. A fluoride mouth rinse may also be helpful to make sure that all exposed surfaces of the teeth are protected during appliance wear.

### What to Expect:

Upon initial placement, there may be some tongue obstruction, but your speech will be back to normal in just a few days.

### Dr. Bronsky's Tip:

Read your favorite book, magazine, etc. to yourself in front of the mirror for five minutes a day – your speech will be perfect in no time.

### Remember:

The patient may experience some minor soreness for a day or two in the areas of the molar teeth as the molars begin their movement and following an adjustment. Normal NSAID (non-steroidal anti-inflammatory medication—Advil® or Tylenol®) may be helpful if necessary.



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