

# Pendulum Appliance



- ◆ The Pendulum is an appliance constructed of a special wire designed to make space on the upper arch by *pushing the molars back*.
- ◆ It is **very important** to **brush thoroughly** around the Pendulum since food and plaque adhere to it easily.
- ◆ You will be given special cleaning instructions for getting under the appliance that will include *rinsing* with either *warm salt water* (1 tsp. salt to 1/2 cup water) or *Peroxyl*.
- ◆ You will probably experience *soreness* for a few *days* after the Pendulum is inserted. Advil or Tylenol and a soft diet for those first few days will help alleviate this discomfort.
- ◆ You may have *difficulty speaking at first*, but as you practice (*reading aloud* etc) it will become easier.
- ◆ The appliance is attached to the occlusal surface of four of your teeth by a plastic or bonding material. If any of the plastic pieces become loose **please call the office**.
- ◆ **KEEP IN MIND THAT EACH VISIT IS ONE STEP CLOSER TO A BRIGHTER SMILE!**