

## MARA Appliance



Your MARA appliance is designed to encourage growth of your lower jaw. The MARA works by holding the lower jaw in its new position while the muscles and bone grow to support the new forward position. At first, it will probably feel awkward to hold your jaw forward while speaking and eating. Your teeth will not fit together well, and you will find chewing a challenge for a short while. As your tongue and cheeks get used to the MARA appliance, eating and speaking will improve greatly.

Here are some instructions and suggestions that will help you take proper care of your new MARA appliance and make sure that it works to its maximum benefit.

- 1) Although the MARA appliance is very sturdy, it can be bent or broken if you are careless.
- 2) The arms of the MARA are only guides to show you where to bite. Do not bang or chew on them, or they will come loose.
- 3) Because the MARA has many parts, it will take extra effort and TIME to keep it clean. You must brush the appliance and keep all the metal surfaces shiny. This means there must be no plaque present. Brush after every meal and especially before bed. Be sure to brush well where the metal crowns touch the gum tissue
- 4) Avoid chewy, hard and sticky foods that will loosen the cement and possibly damage or break the appliance.
- 5) The appliance is VERY expensive. A broken appliance cannot usually be repaired and often needs to be replaced (costing up to \$500).
- 6) If any portion of the appliance is damaged or broken, be sure to SAVE ALL PIECES in case we can repair it.
- 7) If your cheeks get sore from the MARA appliance, place a small piece of wax or cotton ball over the area - especially while you sleep. If it does not improve, please call us and come in for an adjustment.
- 8) Your MARA appliance will be adjusted and activated, it is periodically. With good cooperation typically removed after 6- 12 months.

Finally, expect that the first week will feel very awkward as you get adjusted to your new appliance. Try not to become discouraged and keep a positive attitude. Despite feeling big and bulky, people rarely even know you have a MARA in place; and you look better with it in because it provides proper jaw position and improved facial balance.