



The Pendex appliance is a fixed appliance that rests along the roof of the mouth and is attached to bands on the upper molars. It is used for a class II malocclusion where space has been lost in the upper arch by teeth moving forward too early into spaces created by baby teeth lost prematurely. The appliance is used to expand the upper arch, while moving the molars back to create space for erupting or crowded teeth. Once the proper amount of expansion and distalization (backward moving of the molars) is achieved, the appliance is removed and then a retention appliance is placed.

Wearing the Pendex:

- The Pendex appliance is activated by using a key to turn (expand) the appliance as instructed by Dr. Moshiri
- Expansion of the appliance facilitates proper alignment of teeth in the upper arch. A space created between the upper front teeth is normal, and will close with time.
- Brush at least three times a day with toothpaste, a toothbrush, proxy brush, and warm (not hot) water. Pay special attention to the upper molar bands and gum line. Floss daily.
- Do not eat anything sticky or chewy
- Use wax as needed for any sore areas

Appliance activation:

- Tie a piece of floss around your key so it does not become lost or swallowed
- Insert the key into the hole in the middle of the screw and turn once towards the back of the mouth until the next key hole becomes present. Feeling pressure is normal, and usually subsides within a couple of hours

If your Pendex breaks, the bands around the teeth become loose, or if you have any questions, please call us at **(314) 4-BRACES**