



**The Transpalatal Bar (TPA) is a fixed appliance that is attached to bands on the upper molar teeth. The bar that sits across the roof of the palate fits into a soldered clip located on the bands. When making scheduled orthodontic visits, Dr. Moshiri is able to remove the TPA from the bands to make necessary adjustments.**

The TPA is used to move the molar teeth when wires cannot provide sufficient force to accomplish the required movement. Once adjusted in the office, the TPA may cause pressure to the teeth being moved, but will subside soon after the adjustment.

**Home Care:**

- Please brush and clean your TPA assembly at least three times a day , two minutes at a time with water, a toothbrush and toothpaste. Pay special attention to the upper molar bands and gum line.
- The Christmas tree brush is to be used 2 times per day to clean the appliance and around where it is attached to the bands on the inside of the roof of the mouth
- Floss daily
- Do not eat anything hard, sticky, or chewy
- Use wax as needed
- Please check bands once a week to make sure they are secure

**If the bands around your teeth feel loose, the bar comes out of the slot on the bands, or if you have any questions, please call us at (314) 4-BRACES**