



moshiri orthodontics

*for a smile that lasts*



**The MARA is a functional appliance which creates a positional change of the lower jaw, posturing it forward over the period of a year while at the same time expanding the upper jaw to “fit” to the new position of the lower jaw. This change in position favors correction of a class II skeletal malocclusion, or “weak” lower jaw. In many adolescents, this appliance is able to improve their profile significantly; however, for few patients, full correction may involve orthognathic jaw surgery later in life.**

The MARA is a fixed appliance, meaning that Dr. Moshiri will cement the appliance in over the first molars of both upper and lower jaws. A u-shaped elbow, as shown above, helps guide the lower jaw into a more habitually forward position. This positioning allows for accelerated forward growth of the lower jaw, forward movement of lower teeth, and backward movement of upper teeth, thus helping to eliminate the patient's overjet (horizontal gap between their upper and lower teeth).

**Appliance wear:**

- A conscious effort needs to be made to position your lower jaw forward until your muscles become adjusted to this new position, which normally takes less than 1 week
- You may bite your cheeks initially, but your mouth will learn to avoid this.
- For the first week, there may be a little difficulty eating as you will only hit on your molars. Eat smaller bites at first as you progressively adjust in a few days.
- If you experience soreness in the cheek areas, this will dissipate with time as the tissue forms a callous and toughens. Meanwhile, gargle with warm salt water and use wax and/or a topical anesthetic like Orajel if necessary.
- Brush your teeth 3 times a day using your tooth brush and proxy brush, 2 minutes at a time, paying special attention to the area around your bands near the gum line.

**MARA expansion screw 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 the bands around your teeth feel loose, if your MARA “arms” become loose, or if you have any questions, please call us at **(314) 4-BRACES**