

PENGUIN APPLIANCE

Because you do not have enough room for all your upper permanent teeth to erupt we are cementing in an appliance, called the Penguin, to help push your upper molars back. The appliance is connected to a set of two bands which are cemented to your molars. There is also a palatal (plastic) button with wire extensions bonded to your premolars. It uses wire springs that we activate to push back the molars. The great thing about the appliance is you don't have to do anything except take care of it!

You may experience some difficulty eating at first. Be patient, after a few days this will become easier. You may also have difficulty speaking. Again, patience and practice will pay off. Once your tongue becomes accustomed to the Penguin your speech will adjust and return to normal.

Taking care of the Penguin is simple. Be sure to brush under the wires and around the plastic. A water pik also works great to clean underneath the plastic. Avoid sticky foods such as caramels and taffy, hard foods such as pretzels and nuts, and no gum!

Sometimes a band can come loose from one of the teeth. Usually this will be evident by the band moving up and down on the tooth. If a band should come loose, push it back onto the tooth and call the office to get it recemented.

On some occasions the bonding material where the wire attaches to the premolars may come off. If that should happen call the office so we can repair it. If the appliance is trying to come out hold it up with a finger or try to separate the other side and take the appliance completely out.

The Penguin is designed to stay in your mouth for an extended period of time. The Doctors will determine when it is time to remove the Penguin based on how far back the molars have moved, and how much room there is for all your permanent teeth.

Remember to be patient and in no time you will get used to your Penguin Appliance.