



Post-Insertion Guidelines:

It is important to inform patients and parents that there will be an adjustment period associated with the appliance. Discuss these issues in detail, educating and empowering them to take a proactive role in the management and care of their appliance during therapy.

1. Inform patient and parents that they will have to make a conscious effort to bite forward so that the lower jaw muscles become accustomed to the new position (this will take about a week before they feel completely comfortable). This is a perfect opportunity to point out to the parent and patient how good the chin and profile looks when biting correctly in the appliance.
2. The patient may have sore spots and some discomfort during this adjustment period. Many bite their cheeks until they learn to avoid it. Offer or suggest comfort wax and/or an anapestic medicament.
3. Eating with the appliance - There will be difficulty eating for a few days. Recommend that they cut their food into small pieces, which will help reduce frustration with heavy chewing to a minimum.
4. If it is not noted on the chart that the patient is a bruxer or mouth breather, ask the parent if the child sleeps with their mouth open at night. If they do, you may want to give the patient vertical elastics to keep the mouth closed while sleeping.
5. Explain there is a possibility of the lower arm getting locked into the upper elbow. This doesn't happen often, but if it does, they are to call your office for immediate care (unlocking the appliance can be done easily in office).
6. Due to the exceptional forces on the appliance during chewing, a crown or band may come loose. If the patient has a banded style MARA, it is very important that they avoid closing down with a lot of force which will bang the upper elbow against the lower arm. This behavior will weaken the band and as a result, break the appliance.
7. An upper elbow can be lost in spite of being tied in with an elastomer and/or ligature wire. If the elbow comes loose or falls out, request the patient to save it and bring back when they come in to have the elbow re-tied.

Hygiene: During Mara treatment, you must inform patients and parents the importance of good oral hygiene. Patient must brush after every meal and, when possible, utilize a water pic to remove any trapped debris to avoid any staining or carries formation.

