

Important Information About the MARA

The Purpose of the MARA

The MARA (Mandibular Anterior Repositioning Appliance) is used to correct excessive horizontal overlap between upper and lower front teeth (this is what orthodontists refer to as 'overjet'). In many cases, this excessive overjet is caused by a lower jaw that is too far back in relationship to the rest of the face.



When a patient is still growing, it is possible to accelerate the growth of the lower jaw to catch up with the upper part of the face, as well as to improve the overall jaw balance and facial appearance. The MARA guides the lower jaw forward using upper 'elbows' and lower 'arms', holding the lower jaw in its new position while the muscles and bone grow to support the new forward position.

The length of time the MARA is worn varies, depending on the level of correction needed for each situation. This appliance can prevent the need for jaw surgery later in life.

What to Expect

Initially, the MARA changes the way the teeth bite together and it may feel awkward to hold your jaw forward while eating and speaking. Your teeth will not fit together well, and you will not chew perfectly. This feeling will usually subside within a week or two.

The elbows and arms on each side may irritate the inside of your cheeks; however, this will ease within a few days and your mouth will adjust to your new appliance. Wax or cotton rolls can be used to cushion the device from rubbing against your cheeks. An over-the-counter pain reliever (eg. Ibuprofen or the medication you normally take for a headache) should help to relieve any discomfort. Rinsing with warm salt water ($\frac{1}{4}$ teaspoon of salt in $\frac{1}{2}$ cup of warm water) twice daily for the first week may also be helpful.

You may notice a temporary increase in saliva during the initial period of adaptation, but this will decrease as you become comfortable with the appliance.

Some patients find it awkward to speak clearly during the first week. If you practice reading out loud for the first few days, the situation will improve.

Please call our office if tenderness or irritation continues or if there is a sore that persists for longer than 2 weeks.

Please see reverse side for important instructions

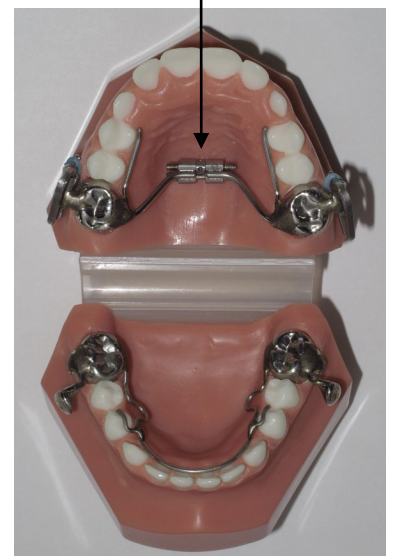
MARA Instructions

- ➡ The upper and lower components of the appliance are not connected; therefore, you will still be able to open your mouth fully and move your mouth side-to-side for chewing movements.
- ➡ You may continue to follow your regular diet; however, avoid hard or sticky foods (e.g. ice, Lollipops®, toffee, Fruit Roll-Ups®) as they may loosen or dislodge parts of the appliance, and be sure to cut your food into smaller pieces. A softer diet may help if you are experiencing tenderness.
- ➡ It is important to keep your scheduled appointments to allow us to monitor the progress of your treatment.
- ➡ Continue to brush and rinse your teeth after each meal or snack. It is very important to keep your MARA appliance clean to prevent food and plaque building up along the edges of the appliance and along the gumline.
- ➡ **If any part of the appliance becomes loose or dislodged, please contact our office immediately so we can schedule an appointment to repair the problem.** It is normal for the elbows to wiggle from side to side; however, they should not become detached.
- ➡ **Please bring all parts to your appointment!**

Additional instructions for the MARA with Expansion Component

- ➡ Some patients undergoing MARA therapy may also need to have their upper arch widened. In this case, an expansion component will be attached to the MARA device.
- ➡ The expansion component is activated by turning the inner screw with a special key. We will provide you with activation instructions.
- ➡ When activated, you may feel pressure in the upper jaw and nose area that will last for several minutes. If significant and/or prolonged discomfort persists, please call our office.
- ➡ You may notice a space developing between your upper front teeth. Do not be concerned, as this is a good indication your appliance is working.

Expansion Component



Please feel free to contact our office if you have any questions