

INSTRUCTIONS FOR YOUR PENDULUM

Your Pendulum is a cemented and bonded appliance that rests on your palate and is attached to your upper molars and your bicuspids. The purpose of a Pendulum is to push the molars back to correct your overbite.

You may notice some soreness in your back teeth over the next couple of days which is normal. You may want to take some Advil, or whatever you normally take for a headache. The soreness will go away after a few days.

At each appointment we will activate your Pendulum by making adjustments to the metal attachments connected to your bands. Activating your Pendulum drives the molars back into the desired position. Again, this may cause some soreness. You may want to take some Advil before your appointment to relieve some discomfort.

Your Pendulum is very easy to maintain. You have to be careful of what you eat. You need to stay away from sticky or chewy foods. Chewing on something like caramel or taffy could cause the bands of your Pendulum to become loose. Be sure to brush the roof of your mouth. This will not only keep your Pendulum clean, but it will also keep the tissue on the roof of your mouth clean and healthy.

Be sure not to play with your Pendulum. Pulling or flicking your Pendulum with your tongue will put stress on the metal and could cause it to break. If it loosens we will re-cement it but if it should break the repair fee is \$235.00 Call the office right away for an appointment if something happens to you Pendulum.

Your Pendulum will not break with normal wear and care. Your Pendulum will last as long as you need it with the proper care. If you should ever have any problems with your Pendulum don't hesitate to give us a call.

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