

MARA

(Mandibular Anterior Repositioning Appliance)

- Please be patient! This appliance is new to your mouth and it takes time to get used to it! It usually takes between 1-2 weeks.
- The way you bite will be different! You will have to make a conscious effort to bite forward with the lower jaw, until the muscles become accustomed to the new position. It may take up to two weeks before you feel completely comfortable.
- Avoid closing down and banging the upper elbow against the lower arm. Chew carefully until you are used to your new jaw position.
- PROGRESS: Notice how good your chin and profile look when biting correctly into the appliance!
- Eating may be more difficult for 4-10 days, and you will be biting on your incisors. We suggest during these days, to eat softer foods and cut your food into smaller pieces. Before long, you will be able to eat a normal diet. Remember, always avoid any hard or sticky food that will damage your appliance.
- We recommend acetaminophen (Tylenol) or Ibuprofen (Advil) during the first 3-4 days.
- Mouth rinses such as Rincinol and Peroxyl, or over the counter agents with benzocaine can provide relief of irritated cheeks. You may use Orthodontic wax if needed to soften irritating parts of the MARA.
- Despite your best efforts, an elbow or crown may come loose. Please save the parts and call our office at (419) 882-6970 to schedule an appointment to repair the MARA.

