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Pendex / Pendulum Appliance

Why Do I Need A Pendex or Pendulum Appliance?

The upper molar teeth have grown too far forward. This has created a biting discrepancy between the upper and lower teeth. This is known as a bad bite. There may also be a narrow upper jaw.

Sometimes the upper molars have slipped so far forward that the underlying second premolar teeth are prevented from erupting (impacted).

Because you are still growing, Dr O'Callaghan will use a Pendex Appliance to guide your natural growth and guide the upper molar teeth into their correct location. In some cases development of your upper jaw may also occur.

This appliance will increase the space for your crowded teeth and ensure that your upper and lower teeth fit together properly.

What Is A Pendex Appliance?

A Pendex Appliance is made up of two parts:

1. Metal bands that are fitted around your upper first molar teeth and your two upper premolar teeth.
2. A plate which has an expansion screw and two springs.

What Is A Pendulum Appliance?

A Pendulum Appliance is made up of two parts:

1. Metal bands that are fitted around your upper first molar teeth and your two upper premolar teeth.
2. A plate which has two springs.

How Do We Fit A Pendex (or Pendulum) Appliance?

- Initially, separators will be placed between your upper back teeth to create space for the bands to be fitted.
- Approximately one week later, the separators are removed and the bands are fitted.
- An impression of your teeth will be taken so that the Pendex (or Pendulum) Appliance may be constructed.
- Once the Pendex (or Pendulum) Appliance has been constructed, the bands will be fitted to your upper teeth and the plate will be inserted into the bands, activating the springs.

Getting Used to The Pendex (or Pendulum) Appliance

- Initially, your teeth may be slightly tender or feel slightly mobile. This is normal and will only last for 2-3 days.
- Your brain will think that there is food in your mouth and excess saliva will be produced.
- Initially, you may be slurping excessively, but this should subside within 2-3 days as you become more accustomed to your Pendex (or Pendulum) Appliance.
- Initially, your speech may be affected, as your tongue can no longer rest in its normal position. It is important for you to practice speaking aloud, speaking slowly and pronouncing each word carefully.
- Reading out aloud into a mirror or to a receptive parent or sibling is helpful.
- After 2-3 days, you will be used to your Pendex (or Pendulum) Appliance. You may even forget that it is in your mouth!

How Do I Clean My Pendex (or Pendulum) Appliance?

- It is very important for you to clean your Pendex (or Pendulum) Appliance extremely carefully. If food is not effectively removed from your appliance, it may cause dental decay and gum problems
- Place your toothbrush on a 45° angle onto the gum line where the band and the gum meet and brush ten times.
- On the upper bands, rotate your toothbrush ten times on the left and ten times on the right. This should be performed on both the inside and outside of your teeth.
- Please ensure that you do not forget to brush the rest of your teeth and around the plate.
- It is important that you brush and floss your teeth after every meal, in the morning and before you go to bed at night.

What Should I Eat Now that I have My Pendex (or Pendulum) Appliance?

- Initially, the Pendex (or Pendulum) Appliance will affect your bite and it will take 2-3 days to become accustomed to your new biting pattern.
- Your Pendex (or Pendulum) Appliance is delicate and easily damaged so what you eat becomes especially important in caring for your appliance.

- **Please Avoid:**

Sticky Foods such as caramels, toffee and chewing gum etc.

Hard Foods such as hard-boiled lollies, popcorn and nuts etc.

Sweet Drinks such as Coke, Diet Coke, Pepsi, Diet Pepsi and any sports drinks

Chewing such foods as chop bones and chicken bones.

- It is important to have a healthy, well balanced diet, including plenty of fruits and vegetables. Even if some foods are hard and crunchy such as

stone fruits, apples and carrots, they may be cut into small pieces and chewed on your back teeth.

Turning My Pendex Appliance

- The pendulum appliance is not turned.
- Your Pendex Appliance should only be turned if instructed by your orthodontist.
- Always remember the number of turns you have made. You will need to tell the orthodontist this on your next visit.
- Never turn the Pendex Appliance if it feels loose. Please contact the surgery immediately and make an appointment.
- Lying down is the easiest and best position for you to turn your Pendex Appliance.
- You will turn the screw once per week with a small key until the upper arch has attained the desired width. The orthodontist will tell you how many turns to do.
- The key is inserted into the screw and is pushed towards the back of the mouth until the next hole appears in the screw.
- Release the tension on the key and it will separate from the screw.
- Well done! You have just completed one whole turn!
- After the turn has been completed, you may experience a tingling sensation and pressure in your cheekbone.
- Never turn the key more than once per week.

What Happens If I Break My Appliance?

- Broken or dislodged appliances are likely to occur from time to time during your orthodontic treatment. If there is any disturbance such as loose bands, broken or poking wires, please call our Rooms and we will evaluate the urgency of your problem and schedule an appointment accordingly. In fairness to the other scheduled patients, we are **unable** to see you for unscheduled appointments **before or after** school. These appointments will need to be made during school hours.