



The MARA Appliance

You now have the famous MARA bite advancer/corrector in your mouth. It will fix your overbite! At first, it will probably feel awkward to hold your jaw forward while biting down and eating. Your teeth will not fit together well, and you will not chew perfectly. All of these will improve greatly after a little while. For now, you should eat soft foods which do not require much chewing.

You will probably have the MARA in your mouth for at least a year. So, try to get used to it as soon as you can. The good thing is you do not have to wear that ugly headgear, which is the alternative to your MARA! In fact, by holding your jaw forward, your overbite gets smaller and you instantly look better, not worse. Please be glad you are so lucky to have the MARA, really!

If your cheeks get sore from the MARA, place a small piece of orthodontic wax that we gave you over the area of the MARA that is irritating the cheek. And, if it does not improve, call us and come in for an adjustment.

Your bite will change over the next few months from how it is now, and the MARA will need to be adjusted occasionally. You may notice some small spaces temporarily open up between your upper and/or lower teeth. This is a sign that the MARA is working. No worries, these will be closed later as we continue to work with your braces.

A REMINDER: the arms of the MARA are only guides to show you where to bite. Do not bang or chew on them – they will come loose. People who use common sense and remember to avoid candy and crunchy/sticky foods easily last all year without breaking their MARA. If any parts of the MARA come loose, call us and bring them in immediately for repair.

Thank you for being a great patient. You are on your way to achieving a SUPER SMILE!