

## All About the MOLAR DISTALIZATION APPLIANCE (MDA)

### Description:

A Molar Distalization Appliance is usually comprised of stainless steel clips (clasps) on the posterior teeth, a wire (labial bow) across the front teeth (most often covered with polished acrylic on the labial bow), helical springs placed on the front side of the permanent molars, and a polished acrylic framework along the inside of the mouth, reinforced with stainless steel wires.

### Usage:

The Molar Distalization Appliance is used to push the molar teeth farther back in the mouth to help create space for the permanent teeth to erupt, thereby facilitating the natural tooth eruption process. A bite plane (plastic shelf) is often used in the front part of the appliance to help in correction of a deep overbite.

### Cleaning:

We encourage patients to clean the appliance with toothpaste and a toothbrush. If the appliance needs a deeper cleaning, anti-bacterial soap and warm water can often help, followed by a cleaning with toothpaste. Mouthwash should NOT be used and hot water should also be avoided to prevent distortion of the acrylic.

### What to Expect:

Upon initial placement, there may be some tongue obstruction, but your speech will be back to normal in just a few days.

### Dr. Bronsky's Tip:

Read your favorite book, magazine, etc. to yourself in front of the mirror for five minutes a day – your speech will be perfect in no time.

### Remember:

This appliance should be worn at all times, including while eating to ensure optimal results.



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