



HYRAX / HAAS – PALATAL ACTIVATION

The hyrax/haas palatal spreading appliance will widen the upper arch. It needs to be opened as instructed by Dr. Harrington; with the key you have been given. The key is inserted in the front hole (closest to front teeth) and brought to the back of the mouth causing the next entire hole to appear.

Some patients may experience an itching or tingling sensation in or around their mouth. Don't worry, this is normal as the tissues there stretch and expand. You may have some difficulty swallowing, but within a few hours you will get used to the appliance and swallowing will be easier.

You may notice a difference in your speech. Some words will be harder to pronounce than others. Help yourself to speak more clearly by reading slowly out loud when you get home. After the palate has been widened enough, the appliance will remain in place to adjust.

Cleaning is very important. After eating, rinse your mouth vigorously with water. This will dislodge any large particles of food that may be trapped in the hyrax. Using a soft, vinyl bulb syringe, fill with warm water and squirt water onto the roof of your mouth and brush the appliance and the supporting wires as well as the tissue. Remember to stay away from hard and sticky foods, especially gum and ice cubes. Follow the instructions in: **Continuing the care of your teeth and gums.**

If the appliance should get broken or loosen, call us for an appointment.

One turn every \_\_\_\_ days

Date	Turned	Date	Turned	Date	Turned	Date	Turned

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THIS FORM NEEDS TO BE BROUGHT TO EVERY HYRAX CHECK APPOINTMENT