

# Nance/TPA Appliance

## **Description**

The Nance/TPA appliance is a bar going either across the palate (TPA) or up to the palate with a piece of acrylic material resting on the palate. These are held in place by bands that have been cemented to the back molars.

## **Purpose**

The Nance/ TPA appliance is used to create more space for the crowded teeth in the upper dental arch, derotate the upper molars, or help close an open bite in the front.

## **Wear**

Since the appliance is cemented to the upper teeth, it is not able to be removed and is in place 24 hours per day.

## **Eating**

Initially there will be some awkwardness in eating, but this will soon go away. Your diet will need some slight changes. For the first 3 days, stick to liquids and very soft foods such as eggs, yogurt, mashed potatoes, pasta, etc...chewing small pieces is helpful. After this short period of adaptation most foods can be consumed. However, you should continue to stay away from hard foods (raw carrots, nuts, ice cubes, hard candy, etc) and sticky foods (gum, caramel, chewy candy, etc).

## **Cleaning**

It is very important to keep your appliance clean. Food and tartar can build up on the edges so we recommend a rinsing or brushing after meals; then at least twice a day brush your Nance/TPA thoroughly with your toothbrush and toothpaste.

## **Speech**

Your appliance will usually alter speech for several weeks until you get used to it. Slowly read out loud for 10-15 minutes each night to practice your pronunciation. This speeds up the adaptation process.

## **Comfort**

At the sides of the appliance are some metal attachments that may initially irritate the inside of the cheeks. Soft wax will be given to press over this area while your mouth is adapting. Wax may be used each night for the first week to cushion these areas. Warm salt water rinses twice daily for the first week ( $\frac{1}{4}$  teaspoon of salt in  $\frac{1}{2}$  cup of warm water) are helpful.

## **Other Things**

If the appliance becomes loose, call the office for an appointment right away. Keep the appliance seated in the mouth.

## **Parting Words**

When patients use this appliance according to our recommendations, they have had excellent success. Our best wishes to you as you begin an exciting journey towards a super smile! Also, remember that we are here for you. If you or a family member has any questions along the way, just ask us.