

A **MARA**[®] specifically

designed for : _____

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

You will probably have the MARA at least a year. The good thing is you do not have to wear that ugly headgear. In fact, by holding your jaw forward, you instantly look better, not worse. And, you do not have a bulky retainer in your mouth making it hard to talk, either. So, please be glad you are so lucky!

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

If your cheeks get sore from the MARA, place a small piece of cotton or dental wax over the area, especially while you sleep. And, if it does not improve, call us and come in for an adjustment.

Your bite may change over the next few months from how it is now, and the MARA will probably need to be adjusted occasionally. You may notice some small spaces temporarily between your lower teeth. These will be closed later with braces.

Doctor's Name: _____

Office Telephone: _____



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