



FACTS about your M.A.R.A.

"Mandibular Anterior Repositioning Appliance"

HOW DOES IT FEEL AFTER IT IS IN?

1. In order to close your mouth all the way, the MARA forces you to bring your lower jaw forward. Some people initially find this difficult to do but get used to this in a few hours to the point where it is not frustrating. It may take a week before you don't have to consciously think about closing into the forward position.
2. I will give you some gauze squares that you can put between your cheek and the MARA for the first few nights until your cheeks get fully used to it. You may have the tendency to bite your cheek until you learn to avoid it.
3. Usually your side teeth will not fully meet when your lower jaw is in the forward position. This is a function of how deep your bite is. Depending on your bite, I may have used braces before the MARA to correct your overbite before placing the MARA. If your side teeth don't fully touch when I first put the MARA in, they will gradually come together by themselves within a couple of weeks.
4. It will be very difficult to chew initially. This is usually the source of greatest frustration for most patients. You should feel back to normal in 4-7 days, but until then, I recommend soft foods and putting small pieces in your mouth to make it easier.



ANYTHING ELSE THAT I SHOULD BE AWARE OF?

1. The elbows and loops have been designed to prevent you from getting the loops stuck inside the elbows. However, there is a remote possibility that the loop will get locked inside the elbow. If this happens and you can't disengage it with gentle movement, you can cut the blue elastic and remove the elbow. Call me to set up a visit so I can attach the elbow with a new elastic.
2. It may appear that your cheeks are slightly puffy initially. This will go away after a few weeks.
3. Your cheeks may be sore for a few days until they toughen up.
4. If an elastic happens to break(rarely) and the elbow falls out, please keep it (and any other pieces (shims) that were on the elbows) and bring the pieces back to me at your next visit.
5. The MARA usually will be in place about 10-15 months. After the MARA is removed, you will need additional treatment with braces to finalize your bite. This usually takes an additional 10-15 months or so.

The upper and lower appliances are **not** connected together (unlike with other fixed appliances such as the Herbst). You will still be able to open your mouth fully and not be restricted in your side-to-side or chewing movements.