

INSTRUCTIONS FOR YOUR TRANSPALATAL ARCH

Your Transpalatal Arch or (TPA) is a cemented appliance that rests against your palate and is attached to your upper first molars. The purpose of your TPA is to stabilize and anchor your first molars.



Your TPA should not cause any discomfort but it may take a couple of days to get used to having something new in the roof of your mouth.

Your TPA is very easy to maintain. You have to be careful of what you eat. You need to stay away from sticky or chewy foods. Chewing on something like caramel or taffy could cause the bands of your TPA to become loose. Be sure to brush the roof of your mouth. This will not only keep your TPA clean, but it will also help keep the tissue on the roof of your mouth clean and healthy.

Be sure not to play with your TPA. Pulling or flicking your TPA with your tongue will put stress on the metal and could cause it to break. **If it should break, the repair fee is \$220.00.** Call the office right away for an appointment if there is a problem with your TPA.

Your TPA will not break with normal wear and care. Your TPA will last as long as you need it with the proper care.



Please don't hesitate to give us a call if you have any questions.

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