



Temporary Anchorage Device (TAD) / Maxillary Skeletal Expander (MSE) Instructions

A TAD (temporary anchorage device) is a mini-implant placed into the bone of the upper or lower jaw. Since the implant is placed into the bone, it will not move. This allows your orthodontist to use the device as an anchor to move teeth. Here are some facts, hints, and expectations for your mini-implant:

- After a temporary anchorage device is firmly in place, most patients resume regular activities later that day. Some, however, may feel slight pressure or mild soreness in the placement area. Usually, this only lasts for one to three days. If this is uncomfortable, you may use over-the-counter medications such as Tylenol® and ibuprofen (Advil® or Motrin®) to alleviate the pain.
- It's important to keep your gums and the area around the TAD clean. You can do this by brushing your teeth with toothpaste and rinsing your mouth with an alcohol-free mouthwash.
- It will take some time to get used to the implant. Soft tissue — lips, gums, and other muscular areas — will have to adapt to this new implant. Please be patient; expect ulcers in the areas where the tissue rubs the TAD or associated braces. Please understand that we will try to keep this discomfort to a minimum.

Maxillary Skeletal Expander (MSE)

A maxillary skeletal expander (MSE) is special orthodontic appliance that uses TADs to achieve palatal expansion. The following are special instructions for patients who received TADs for an MSE appliance

- To turn your expander, use the activation key to turn the hexagon nut from the front toward the back of the mouth. You should feel some resistance while turning it. Remove the key while it is toward the back of your mouth. If you turn the key back towards the front of the mouth, you will undo the activation.
- Your orthodontist will inform you of the frequency and number of times you should turn your expander daily. If you forget how many times to turn your expander or have any questions, please call your orthodontist to clarify.
- You will likely feel some pressure when you turn the expander, but minimal discomfort should be felt after the first few days of MSE placement. Some patients may feel a “pop” which is often an indicator of successful expansion.
- A space may develop between your two front teeth. This is normal and should be celebrated if it occurs. If the space develops, it is a good indication that the expansion is a success and that you have just avoided needing a surgical procedure to achieve the expansion. This space will be closed throughout your orthodontic treatment.
- In addition to brushing your teeth as you normally would, you should also brush gently and carefully around the appliance. We also highly recommend using a Water Pik® and mouthwash daily.

TAD Removal

- When it comes time to remove the temporary anchorage device, you'll return to our office. We will perform another relatively straightforward and pain-free procedure to remove the device. Usually, this procedure is done with local anesthetic.
- Although rare, sometimes a temporary anchorage device comes loose before it's time to remove it. If that's the case, please contact us so we can readjust or replace the TAD.

THE ABOVE INSTRUCTIONS ARE PROCEDURE SPECIFIC AND ACCOMPANY THE GENERAL POST-OPERATIVE INSTRUCTIONS