DIRK SCHUTH
B.D.S., F.D.S.R.C.P.S., F.D.S..
R.C.S.(Ed),M.Orth.R.C.S.(Eng + Ed)
M.Dent.Sci. (Leeds)
Practice limited to Orthodontics
BDA Good Practice
Member

Trinity House Orthodontics

TRINITY HOUSE
ORTHODONTICS
Borough Road
Wakefield
WF1 3AZ
Tel: 01924 369696
wakefieldreception@trinityortho.co.uk

Quad Helix (Quad)

What is a quad helix (quad)?

A quad helix is a fixed appliance which is cemented onto the upper molars (back teeth). It is a metal arch that sits along the roof of the mouth from the upper left molar to the upper right molar. It has an arm on each side of the quad which lies against the upper premolar teeth.

How does a quad helix (quad) work?

A quad helix is used to correct the cross bite of the back teeth (premolars and molars). The two arms of the quad are expanded so that when the quad is fitted the arms place gentle pressure on the back teeth to expand the teeth and to correct the cross bite. A cross bite is when the top teeth are biting on the inside of the bottom teeth. This usually gives the appearance of a slightly narrow upper jaw (see pic bottom right).





How often do you need to wear the quad helix (quad)?

As the quad helix is fixed it is worn full time.

Will the appliance be painful?

Having the appliance fitted is not painful, but the teeth may ache after the appliance has been fitted. This will last approximately 3-5 days and if necessary painkillers (paracetamol) can be taken. Please ensure you follow the instructions on the medication packet. As the quad is placed in the roof of the mouth speech may be affected for the first 1-2 days. Eating and swallowing will seem strange for the first 24 hours but after that will return to normal.

How long will treatment take?

Treatment time can be anything between 6-12 months and the quad can be worn in conjunction with fixed appliances