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Transpalatal Arch (TPA)

What is a transpalatal arch (TPA)?

A transpalatal arch 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 is fixed and cannot be removed. Sometimes the transpalatal arch can have a small acrylic button called a nance button or a slightly larger acrylic plate called a bite plane.

How does a transpalatal arch (TPA) work?

A TPA is used for anchorage. If teeth have been removed in the upper arch a TPA will stop the back teeth from drifting forward resulting in loss of space. A nance button may be used if more anchorage is needed. A bite plane is used if some correction of the overbite is needed this means if the upper teeth are covering the lower teeth too much.





How often do you need to wear the TPA?

As the TPA 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 TPA 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 TPA can be worn in conjunction with fixed appliances