

MARA (Mandibular Advancement Repositioning Appliance)

The MARA is an efficient and advanced way to correct an overbite. In most cases of Class II malocclusions, the improper bite is caused by a lower jaw that is too far back in relationship to the rest of the face. When the patient is still growing, it is possible to encourage the growth of the lower jaw to catch up with the upper part of the face by using the MARA appliance. **The MARA is typically worn for 12 months.** Your improvements will be noticed immediately!

1. Your bite may feel strange when you first get your appliance. You will need to make a conscious effort to bite into a forward position with your lower jaw until your muscles become accustomed to this new position.
2. You may have difficulty eating for about 4-10 days, and you will need to bite on your front teeth. Be sure to cut all your food into smaller pieces.
3. You may experience soreness in the cheek area, this will subside in a few days as the tissue toughens and forms a callous. (Orabase® and warm salt water rinses is recommended for this type of problem).
4. If any part of the MARA appliance becomes loose or comes off, save it in a Ziploc® bag and bring it with you when you come to have it repaired.
5. **Avoiding hard, crunchy and sticky** foods throughout treatment will help prevent breakage of the appliance.
6. It is very important that you maintain excellent oral hygiene!!!!

Finally, expect that the first week will feel very awkward as you get adjusted to your new appliance. Try not to become discouraged and keep a positive attitude. Despite feeling big and bulky, people rarely even know you have a MARA in place.

