

MARA

(Mandibular Anterior Repositioning Appliance)



What is it?

The MARA is a fixed functional appliance that is used before or during braces to reposition the lower jaw into the proper position.

How does it work?

The MARA repositions the lower jaw in a more forward position while you are growing. As you continue to grow, while wearing the MARA, the jaws are brought into a better balance with each other giving you a more attractive profile and a better bite.

How long do I wear it?

Typically, you need to wear it for 10-14 months. You will be seen every 6-12 weeks to make adjustments.

What will I experience?

Eating:

- It will take about 4-10 days for you to be able to eat comfortably. During this time, eat softer foods and cut your food into smaller pieces. **DO NOT BANG** on the appliance, it can break.
- Avoid chewing gum and caramels since they can loosen your MARA. Very hard food such as chewing on ice cubes will bend the appliance and cause the glue to loosen.

Speaking

- Practice speaking a lot. Read out loud. The more you talk the sooner you will sound “normal.”

Cheeks

- You may get sores on your cheeks during the first week. Use wax as needed.
- You may bite your cheek during the first week. You will learn not to do this.
- Rinse with warm salt water two times per day (one teaspoon of salt in 6 oz. of water – rinse 60 sec.).

Problems

- If a part of the appliance comes loose or a silver band/crown comes loose from the tooth, call the office. This is not an emergency unless you are uncomfortable.
- You may notice some tenderness of your teeth, jaw joints or jaw muscles. This is normal and should only last 3-7 days. Taking Tylenol or Advil should give you some relief.
- If the upper arm gets “locked” with the lower arm, gently move your jaw to disengage the parts. If unsuccessful, call the office or the emergency number on the answering machine.

Brushing

- Brush your teeth and your appliance after each meal.