

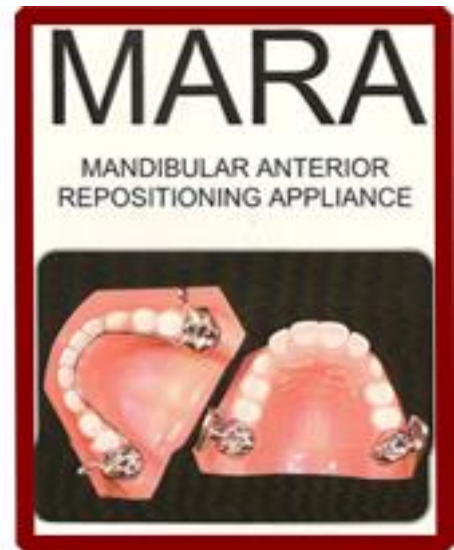
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**MARA: Mandibular Anterior Repositioning Appliance**  
*Class II Corrector*

You now have the famous MARA bite advancer in your mouth. It will fix your jaw position. At first, it will probably feel awkward to hold your jaw forward while eating. It will improve after a few weeks. For now, you should eat soft foods that do not require much chewing.

You will probably have the MARA at least 8 months to a year. Your doctor will inform you how long you will need to wear the appliance to get the desired result.

A reminder: The arms and elbows of the MARA are only guides to show you where to bite. Do not bang or chew on them or they will come loose. It is also important to remember people who are careful and try to avoid candy and crunchy foods usually do not have to come in to get their MARA appliance repaired within the first year. If any parts of the appliance come loose please call our office to schedule an appointment at your earliest convenience to get it fixed.



The MARA may cause some irritation to the cheeks and gums, but this should go away after about a week. Please check with your doctor for available options to ease the irritation, or if the condition does not improve.

Your bite may change over the next few months from how it is now and the MARA will probably need to be adjusted occasionally. You also may notice some small spaces temporarily between your lower teeth. These spaces will be closed up later with your braces.

Your doctor will explain how important it is to brush your teeth and pay extra attention to your dental hygiene during this time. Excellent oral hygiene will help prevent the formation of plaque on your teeth, but will also keep your MARA in good working condition. Please try and brush after each meal or snack if possible and always remember to FLOSS!

If you have any questions feel free to contact us at the office and never hesitate to call if you have any concerns. You are one step closer to a beautiful smile.