

MARA Appliance

The Mandibular Anterior Repositioning Appliance (MARA) reduces your overbite by encouraging the lower jaw to grow forward. Although this appliance may seem a bit bulky, it is not visible. The advantage of this appliance is that it eliminates the need for you to wear headgear or have permanent teeth removed. It works around the clock, which makes your treatment more efficient so that you will get out of your braces sooner. Typically the MARA appliance will be in your mouth for 8-12 months. Once your overbite is corrected, it will be removed and you will spend the remaining time in braces to fine-tune your bite.

Here are some tips to ensure that your experience with the MARA is as efficient and trouble-free as possible:

- You will need to make a conscious effort to bite forward with the lower jaw until your muscles become accustomed to the new position. It will take a good week before you feel completely comfortable
- You may have some irritation to the inside of your cheeks until your cheeks toughen up. You can place wax over any part of the MARA that is irritating you. Rinsing with salt water can also help soothe your cheeks until they form a callous. If your teeth get sore with the appliance, Tylenol or Ibuprofen may be taken to help with any discomfort.
- Like all orthodontic appliances, it can be damaged or broken, especially if appropriate care is not taken. Avoid hard, sticky foods that may damage or dislodge the appliance. Exceptional forces on the appliance during chewing can cause the appliance to become loose. Avoid closing down with a lot of force when chewing.
- There will be difficulty eating for 4-10 days. You will be biting on your incisors to chew. You may want to cut most of your food into small pieces for the first week and eat a softer diet to minimize frustration when chewing. You will be able to eat just about anything in your normal diet in a few days.
- Brush your teeth and the appliance carefully after each meal, and be sure to use a fluoride rinse daily. You should see your dentist every 6 months for your regular check-ups and cleanings.

- If a part of your appliance should happen to come loose we ask that you save it and bring it in with you at your next appointment. Please call our office if you have any questions or concerns at 973-701-2200.