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MARA
(Mandibular Anterior Repositioning Appliance)

You now have a MARA bite advancer in your mouth. The purpose of the MARA is to hold your jaw in a forward position. This will help to correct your overbite. At first it will probably feel awkward to hold your jaw forward while eating. Your teeth will not fit together well and you will not chew perfectly; however, this will improve after a short period of time. For now you should eat soft foods which do not require much chewing. By holding your jaw forward, you will instantly look better.

Please remember the arms of the MARA are only guides to show you where to bite. Do not bang or chew on them or they will come loose. Also remember to refrain from eating candy and crunchy foods to avoid breaking your MARA. If any parts do come loose, please call and schedule for a repair appointment.

If your cheeks get sore from the MARA, place a small piece of cotton or wax over the area, especially while you sleep. If the condition does not improve, call us and come in for an adjustment. Your bite may change over the next few months and the MARA will probably need to be adjusted occasionally. You may notice some small spaces form between your lower teeth. These will be closed later with braces.

Sincerely,

Dr. Ron Snyder and Staff

