

The Mandibular Anterior Repositioning Appliance (MARA) is a bite advancer worn in the mouth to correct your overbite/overjet in the most predictable and efficient manner. Initially, it will feel awkward to hold your jaw forward while eating. Your teeth will not fit together well and you will not chew perfectly.

Eventually, the improvements will be noticeable. In fact, holding your jaw forwards makes you look better and not worse. The first three days, limit eating to foods that require no chewing (liquid diet).

To be effective, your appliance must be worn and taken care of as directed by our office. Below is some information to help you achieve the best results.

Kadar guides for a great result!

- The MARA replaces the need for headgear or a bulky retainer and will remain in your mouth for at least a year. It can reduce the duration of treatment and achieve optimal orthodontic results.
- You can avoid complications with your MARA by not eating candy and crunchy food.
- 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.
- If the MARA becomes loose or sticks in an uncomfortable position, please call our office to adjust the appliance. Save any parts that may become loose.
- You might experience cheek biting during the initial MARA adjustment phase. If your cheeks get sore, place a cotton roll ("tooth pillow") or wax on the appliance opposite the irritation. If irritation persists for more than 3 days, please call our office.
- Your bite will change over the next few months and the MARA will need to be adjusted occasionally. Small spaces may be noticed between your lower front teeth but they are temporary and will be closed later with your braces.
- Minimize excessive side to side movements of your jaws.
- For questions or additional information about the MARA, call our office at 856.582.1400.