



The Transpalatal Arch (TPA) is a fixed appliance that is attached to bands on the upper molar teeth. The bar that sits across the roof of the palate is soldered onto the molar bands. It is often used to help stabilize teeth from moving or provide additional support during orthodontic treatment, such as when exposing an impacted canine tooth.

Home Care:

- Please brush and clean your TPA assembly, teeth, and braces at least three times a day, two minutes at a time with water, a toothbrush and toothpaste. Pay special attention to the upper molar bands and gum line.
- Proxy brush may be used to clean the appliance and around where it is attached to the bands on the inside of the roof of the mouth
- Do not eat anything hard, sticky, or chewy
- Use wax as needed

If the bands around your teeth feel loose or if something is rubbing or uncomfortable, or if you have any questions, please call us at **(717) 637-4131**.