



HILLSIDE VIEW ORTHODONTICS

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Trans-palatal Arch (TPA)

Your TPA will probably feel strange to you at first. Here are some things to expect:

- Your molars (where the TPA attaches) may be slightly sore for a week or so. Over-the-counter pain relievers can help alleviate the discomfort.
- Swallowing may feel strange at first. Eat softer or smaller pieces of food for the first few days or until you get used to swallowing.
- An imprint of the TPA may appear on your tongue. Brush your tongue and TPA daily to keep it healthy and clean.
- Some speech sounds may sound different, until you get used to your TPA, like “G” in George or “Ch” in cheese. Practice makes perfect!

Most people find that it takes up to a week to get used to their TPA. Hang in there!