A constricted maxillary arch can result in three types of malocclusions:
1. A unilateral or bilateral posterior cross-bite.
2. A constricted maxillary and mandibular arch.
3. A constricted maxillary arch and a retrognathic mandible.

Unilateral or bilateral posterior cross-bites

When a patient has a constricted maxillary arch and a normal mandibular arch, we usually observe a unilateral cross-bite and a midline shift. Although the cross-bite appears to be unilateral, in reality most posterior cross-bites are actually a bilateral problem.

A unilateral posterior cross-bite is usually due to a bilaterally underdeveloped maxilla and a shifting of the mandible to one side during closure. If this situation is allowed to continue it will affect the TMJ negatively as one condyle becomes anteriorly displaced and the other posteriorly displaced. The anteriorly displaced condyle grows upward and backward and gets longer, and the posteriorly displaced condyle becomes flattened and shorter. This results in the two condyles being different in size and may lead to a permanent facial asymmetry.

Therefore, it is critical that cross-bites be corrected as early as possible in the deciduous or mixed dentition to eliminate facial asymmetry and future TMJ problems. It is not unusual to place a Maxillary Schwarz Appliance with posterior pads in a patient 4 to 6 years in age.
This retruded mandibular position not only results in an extremely unfavorable profile but also places the condyles in a posterior position with a resultant increase in signs and symptoms of temporomandibular joint dysfunction.

The proper development of the maxillary arch with a Schwarz appliance allows the mandible to assume its correct position and allows the condyles to move downward and forward. It is critical for the health of the TMJ that the condyles be moved downward and forward away from the nerves and blood vessels in the bilaminar zone at the posterior part of the glenoid fossa. Clinicians who treat and monitor the health of the TMJ routinely find that the proper development of the maxillary arch is one of the main keys to TMJ health.

A properly sized maxillary arch is a prerequisite to the use of functional jaw orthopedic appliances such as the Twin Block which is used to advance the mandible in Class II skeletal cases where the mandible is retrognathic. Parents and patients alike much prefer the use of functional appliances such as the Twin Block, Rick-A-Nator or Herbst Appliance to advance the mandible non-surgically in mixed dentition, rather than delay treatment until the permanent dentition when some cases are treated surgically.

**DESCRIPTION:**

Schwarz appliances with posterior coverage opened 5mm.

1. Adams clasps on the adult first molars for retention.
2. Adams clasps or C clasps on the primary molars for retention.
3. A labial bow from cuspid to cuspid to control the labial position of the anteriors.
4. A central palatal expansion screw to develop the arch laterally.
5. Lap springs to align the anteriors.
6. An acrylic palate to develop the arch laterally.
7. Smooth acrylic posterior bite planes to allow the teeth to move free of occlusal interferences.

When used properly the Schwarz appliance can be used to effectively treat the following situations:

1. Correct a beginning skeletal Class II to a normal Class I relationship.
2. Reduce the overjet and overbite of the incisors.
3. Expand the upper arch into a normal buccal/lingual relationship with the lower.
4. Create normal space for the tongue allowing it to function normally.
5. Treat TMJ dysfunction.

**TREATMENT PROCEDURES:**

1. As always, proper appliance selection and application requires a good diagnosis and treatment plan. It is recommended that the following records be taken:
   - Complete medical and dental history
   - Periodontal records
   - X-Rays (full series)
   - Panorex
   - Cephalometric X-Ray and Analysis
   - Diagnostic Casts
   - Photographs
   - Airway Evaluation
Taking the time to obtain these records will also alert you to possible additional treatment that may be needed to assure that your patients receive the comprehensive care they deserve.

2. Once you have made your diagnosis and selected the appliance, take impressions for working models and a construction bite. Fill out a prescription slip and send everything wrapped very carefully to the lab.

3. Delivery of the appliance and follow-up care:
   a. Make sure the appliance is made to your specifications and that it fits the working model.
   b. Try the appliance in and check it for fit. If it is necessary, adjust any area that might cause a sore spot.
   c. Adjust the clasps to hold the appliance securely.
   d. Adjust the occlusal bite plane so there is equal contact throughout the posterior region. Premature contact can cause the patient to shift the bite abnormally. The mandible must also be free to move normally in anterior and lateral excursions without being restricted by any occlusal interferences.
   e. It should be explained to the patient that the Schwarz Appliance is a 24-hour a day appliance. The patient is even to eat with it in place.
   f. One week later, have the patient begin activating the expansion screw at a rate of two turns per week.

After the second week, evaluate the patient in one-month intervals. During these visits, check to see that the patient is adjusting the appliance regularly and watch for proper lateral development.

4. Once treatment is completed, i.e. the cross-bite is jumped, it is necessary to maintain the correction. This can best be accomplished by removing the occlusal bite plane off of the appliance with a stiff Robinson brush and then scalloping the acrylic around the teeth until there is a perfect fit. Once this is accomplished, the appliance can be worn as a retainer for the next 6 to 9 months.

5. Once you have corrected the patient’s orthopedic (functional) problem, it can be determined whether he or she will need to continue with further treatment at a later date.

Early treatment gives a child a chance to grow normally. Notice the improvement in facial symmetry.

LAB REQUIREMENTS:

1. An accurate set of models- A Practice Building Bulletin on alginate impressions is available for you and your staff. It is essential to send both an upper and a lower cast.
2. An accurate construction bite- IT IS IMPORTANT TO CHECK THE COMPLETED CONSTRUCTION BITE BY PLACING IT BACK ON THE WORKING MODELS. Check the bite for proper midline, AP, and vertical correction and then carefully wrap the bite separately for shipment. Instructions on taking a construction bite are also available.
3. A complete prescription- The Schwarz appliance is a very versatile appliance. It can be designed with many different clasps, springs, and expansion screws. So it is very important to give the lab your exact specifications.

ADJUSTMENT TIPS:

1. When the upper arch is extremely narrow and anteriors are labially positioned, it will be necessary to relieve the acrylic lingual to them to allow the anteriors to be retracted by the labial bow as the appliance is expanded.
2. As you expand the upper arch, it will be necessary to adjust the palatal acrylic on the appliance to allow the narrow high vaulted palate to drop. If this is not done, the appliance will simply not stay seated.
3. If you are using a primary molar for retention, sometimes it will be necessary to place composite buttons to create an undercut and use a C-clasp instead of an Adams clasp.
4. In late mixed dentition cases where the patient is actively exfoliating primary molars, appliance retention and comfort may become a problem. Therefore, it is always easier to treat during the earlier stages of mixed dentition.

SUPPLIES:

Removable
- Acrylic Burs*
- Acrylic Polishing Burs*
- Acrylic Repair Kit*
- Pressure Pot*
- 139 Bird Beak Pliers*
- Three Prong Pliers*
- Wire Cutter*
- Expansion Screw Key*
- Stiff Robinson Brush*
- Retainer Brite*
- Sonic Appliance Cleaner*
- Patient Appliance Care CD*
- Patient Calendar Booklets*
- Colored Retainer Cases*

Fixed
- Fluoride Releasing Band Cement*
- Regular Or Light Cure*
- Band Biter*
- Band Removing Plier*
- Interproximal Stripping Tool*
- Howe Plier*

*Available from Success Essentials call 800-423-3270
CONTRA-INDICATIONS AND CONCERNS:

It is critical that clinicians understand the relationship between mouth breathing, airway problems and their detrimental effects on the size of the maxilla. During a normal swallow, as found with most nasal breathers, the tongue touches the roof of the mouth approximately 2,000 times per day and expands the maxillary arch.

With mouth breathers, the tongue drops down and does not exert its normal lateral pressure against the maxilla. The classic result is a decrease in the width of the maxilla due to the external forces of the buccinator and masseter muscles. For proper development of the maxillary arch there must be a balance of forces between the buccinator and masseter muscles externally and the tongue internally.

INCOME POTENTIAL

Functional and skeletal problems should be corrected in mixed dentition, utilizing functional jaw orthopedic appliances prior to the eruption of the permanent teeth. When this is done, it usually is phase one of a two-phase therapy. Average fees for phase one therapy in the mixed dentition range between $1,000.00 to $3,000.00 per case. Your fee will also be dependent upon the complexity of the case and whether or not finishing will require full arch bracketing. Starting just two patients per month can add over $33,000 in gross production to your practice.

REFERENCES


The Practice Building Bulletin is a special service of Space Maintainers Laboratory produced solely for the private use of our clients. It is designed to help expand and enhance your ability to provide comprehensive patient care. Information included is the opinion of the author and may not be reproduced in any form without written consent.

Appliance Therapy Group Headquarters:
Space Maintainers Laboratory
P.O. Box 4184, Van Nuys, CA 91409-4184
Copyright © 2005
www.appliancetherapygroup.com
Regional Labs:

Southwest 800-423-3270
Northwest 800-423-6509
Northeast 866-310-5800
Midwest 800-325-8921
CANADA 800-661-1169
AUSTRALIA 03-9521-0299
MALAYSIA 03-6251-8599
TAIWAN 886-7-235-5612

NOT SURE HOW TO GET STARTED WITH APPLIANCE THERAPY?

Our Appliance Therapy Treatment Planning Service may be for you. The service provides a report detailing how to proceed with a patient requiring single-phase treatment only (anterior cross-bites for example). It includes:

• Summary of treatment objectives
• Illustrated appliance recommendations
• Detailed appliance adjustment techniques
• Treatment instructions
• Patient instructions
• Appliance costs
• Reference information
• Consultation models (if desired)

To Request Further Information Or To Get Started Call: 800.423.3270
www.secondopiniondiagnostics.com & www.appliancetherapygroup.com