

Posterior Cross Bite

Suggested Treatment Protocol

For use in conjunction with the appropriate wire and elastics sequence guidelines by case type.

Phase	Archwires	Objectives	Duration in Weeks	Interval in Weeks	Notes	Early Light Elastics Begun at Initial Bonding ¹	Disarticulation
I. Initial Light-Wire	Damon Optimal-Force Copper Ni-Ti[®] .014 U/L PRN, .013 U/L if crowding is severe or periodontal support is compromised	<ul style="list-style-type: none"> • Begin leveling and alignment • Initiate arch development without RPEs or W-arches • Resolve 90% of rotations • Begin A/P and vertical correction 	10	10	Disarticulate and use continuous light forces to prevent opening bite. Be patient.	Parrot 5/16", 2 oz – Posterior Cross Bite U5/6 Lingual – L5/6 Buccal – Full time	Bond bite turbos or composite buildups in appropriate position for deep or open bite. Use lingual buttons on 5s & 6s.
	.018 U/L		6 – 8	6 – 8		Dolphin 5/16", 3 oz – Posterior Cross Bite U5/6 Lingual – L5/6 Buccal – Full time	
II. High-Tech Edgewise	Damon Optimal Force Copper Ni-Ti .014 x .025 U/L 10 weeks into this stage: Take Panorex & reposition brackets. Follow with .018 Cu Ni-Ti if brackets are drastically repositioned.	<ul style="list-style-type: none"> • Complete leveling and alignment • Continue arch development • Resolve remaining rotations • Begin torque control • Consolidate minor spacing 	10	10	If using .017 x .025 Ni-Ti with 20° anterior torque, maintain Zebra Cross Bite configuration.	Dolphin 5/16", 3 oz – Posterior Cross Bite U5/6 Lingual – L5/6 Buccal – Full time until ½ cusp overcorrected, then nights.	
	.018 x .025 U/L		6 – 8	6 – 8		Zebra 5/16", 4.5 oz – Posterior Cross Bite U5/6 Lingual – L5/6 Buccal – Now overcorrected, have patient wear often enough to maintain overcorrection.	

¹In patients with very thin attached tissue, severe crowding or periodontal issues, waiting to start elastics until the second appointment may help prevent labial gingival recession.

Posterior Cross Bite (continued)
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III. Major Mechanics	<p>Posted Stainless Steel .016 x .025 U/L .019 x .025 U .016 x .025 L (PRN, .019 x .025 L)</p> <p>The diligent use of cross bite elastics may shorten this phase.</p>	<ul style="list-style-type: none"> • Take wax bite; coordinate patient-specific arch form • Consolidate any remaining minor spacing • Express majority of remaining torque • Overcorrect A/P 	20 – 30	8	Using the same arch shape as lower, expand U .016 x .025 1/2 " or more so that when pressing it at the 7s, it narrows to the same shape as the lower (proportional widening). Overcorrect upper arch by approximately 2 mm, then transition to U .019 x .025 slightly expanded at the 6s and 7s.	Zebra 5/16", 4.5 oz – Posterior Cross Bite U5/6 Lingual – L5/6 Buccal – Now overcorrected, have patient wear often enough to maintain overcorrection.	
IV. Finishing	<p>TMA[®] .019 x .025 U .017 x .025 L</p>	<ul style="list-style-type: none"> • Make final buccolingual, torque, A/P and occlusal adjustments 	15 – 20	4 – 6 until sectioning wire, then 2		For Phase IV, employ the elastics protocol specific to the case type outlined in the other wire/elastics sequence recommendations.	

These wire/elastics sequence recommendations have been shown to be effective when treating with Damon System mechanics. They are not a replacement for professional expertise.