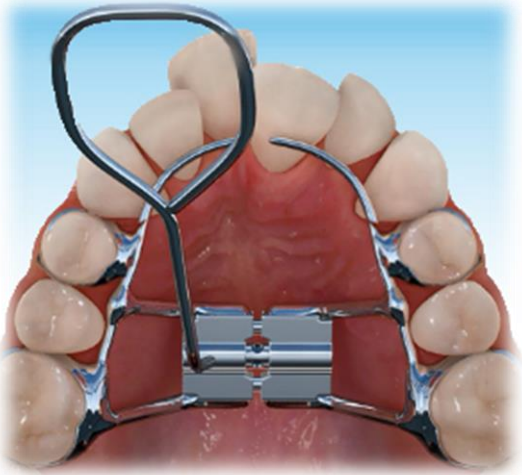


PALATAL EXPANDER



How will it feel?

You might feel like you're talking a bit funny at first, but with practice the appliance should not interfere with opening, closing, or eating. You may feel pressure with the adjusting of the expander (and for about 15 minutes afterward), but you shouldn't feel a lot of pain. You may also experience excess saliva production and have some difficulty in swallowing.

Troubleshooting:

Discomfort: You can place wax over any sharp or pokey parts of the appliance to make them smoother. Most discomfort disappears in a few days, but you may find it helpful to use over-the-counter pain medications to ease any pain (be sure to follow the dosing directions on the bottle).

Brushing: An extra effort is required to remove food and plaque from around the expander. Brush thoroughly around the entire appliance 2-3 times per day. In addition to brushing and flossing, a monojet syringe or Waterpik® is essential to maintain proper oral hygiene. The monojet syringe should be used with water 2-3 times per day, preferably after each meal, to properly clean the appliance.

Breakage: Avoid gum, nuts, hearty breads, ice, and hard/chewy/sticky candies to minimize breakages. Please contact us promptly if anything is broken or needs attention.

*Whenever something new is placed in the mouth, it takes time to adjust.
Please be patient – you will become accustomed to the appliance surprisingly soon.*

What does the expander do?

The Palatal Expander is used to widen your upper jaw and create more room for your teeth. Palatal expanders are often used to treat cross-bites (when your upper teeth bite on the inside of the lower teeth). Although the appropriate width is achieved in a few weeks, the expander will be left in place from 4-6 months. This allows for the correction to become more stable.

What does it look like?

It is fully contained inside your mouth. A band fits around two to four of your upper back teeth. A small screw is attached to these bands that you will adjust daily by inserting a key. You will continue to activate the screw until the desired width is achieved.

What do I need to do?

Place the key into the hole in the center of the screw, then gently push the key toward the back of your mouth.

___ **Do this once/day.**

___ **Do this twice/day, once in the morning and once in the evening.**

