

Rapid Palatal Expander Instructions

You have been fitted with a special appliance, the palatal expander, made to widen the upper jaw so that your upper and lower teeth fit together. When the expander is activated, pressure on the roof of the mouth and the nose is expected and should only last a few minutes.



INSTRUCTIONS FOR TURNING YOUR EXPANDER:

- Use the key to turn the appliance only as directed.
- Insert the key into the front hole and gently push steadily toward the back of the throat. This will bring the next hole into view. **DON'T BACK UP.** Remove the key toward the throat.
- If you forget a turn, don't give extra turns to try to catch up. Just continue the prescribed schedule.
- If the expander becomes loose, stop turning and call our office for an appointment to re-cement it.
- Follow instructions on the "Foods to Avoid" sheet given to you at the start of treatment.

Turn ____ x day for ____ days and then stop until you see the orthodontist.

CLEANING YOUR PALATAL EXPANDER

Keep your palatal expander clean by brushing around all parts of the appliance, especially next to the gums. It may be necessary to swish, forcefully, to remove food from between the roof of the mouth and the appliance.

WEARING YOUR PALATAL EXPANDER

Expanders stay in for a minimum of 6 months after the turns are completed and oftentimes longer until the wires can support them.

WATCH VIDEO ON WEBSITE

To find out more information about the palatal expander, view our video on our website.

1. Type in www.soundsmile.com into your browser
2. Locate Braces in our navigation and click Appliances on the drop down
3. Watch the second video about Palatal Expanders



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