

Rapid Palatal Expander Instructions and Care

This sheet is provided to give you information on how to activate your expander.

Your Expander must be activated _____ TURN every night for a total of _____ TURNS

Activation

We recommend activating the appliance at bedtime so by the next morning, the pressure from the turn is gone. If you forget one night, you can activate it once in the morning and then again that night, but no more than two turns in one day

- 1) You will be given a key to activate the expander.
- 2) Place key in anterior hole of appliance, towards front teeth.
- 3) Push key completely towards back of mouth until it stops and the next hole can be seen fully in front of appliance.
- 4) Remove the key carefully by pulling down towards the tongue so the new hole for the next activation is completely visible



Hygiene

Brush the appliance including the metal bars & screw in the same way you brush your teeth. When you are unable to brush after eating, use water swished around in your mouth to help dislodge any food particles.

Eating

Eating and drinking may be difficult at first. Do not take big bites into food, instead cut food into small pieces. Eat slowly and carefully while your mouth adjusts to the appliance.

Speech

Your speech will be affected only temporarily.

Soreness

Your teeth may be sore for the first few days. To help with this you may want to take what you would normally take for a headache; however, chewing & talking are the best ways to get your mouth used to this new feeling.

Space between your front teeth

Some kids may get a space between their front teeth. This is a result of your palate expanding and will be corrected during treatment

Potential Trouble and Problems

- Please turn the appliance as instructed
- The most common problems encountered are
 - 1. Not pushing the key all the way to the back of the mouth so the new hole is not visible
 - 2. Pulling the key back to the front of the mouth instead of down – this reverses the turn