

PALATAL EXPANDER



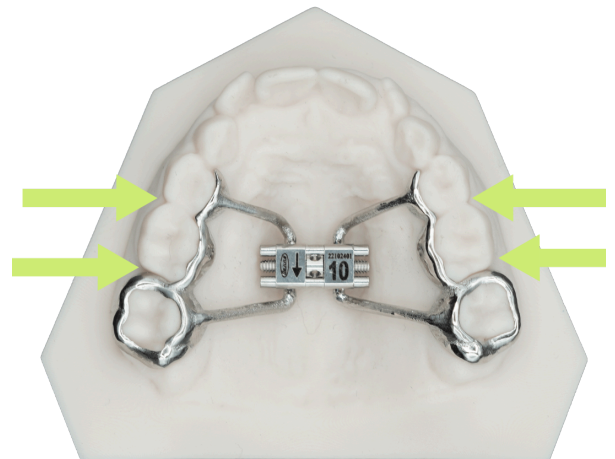
HOW DOES THE EXPANDER WORK AND WHAT SHOULD I EXPECT?

- Often the expander is activated every night or every other night (Please follow the instructions given to you by the orthodontist).
- If you forget to do an activation do NOT give extra ones to “catch-up.” Just continue to follow the prescribed schedule.
- Stop activating the appliance after you have completed the number of turns recommended by the orthodontist.
- You may experience some pressure (that feels like a sinus headache) after activating the appliance. This is normal and a good sign!
- You may start to see a space opening between your front teeth – another good sign that the appliance is working!
- Avoid very sticky foods (gum, caramel, taffy, etc) which may loosen the expander.
- If the expander feels loose please call our office and stop activating the appliance.
- Most patients will do between 25-40 turns so expect 2-3 rounds of turning with checks in between.

HOW LONG DOES MY CHILD NEED TO WEAR THE EXPANDER? The initial expansion stage is an average of 4-6 months. The expander will be activated until the upper arch becomes wider than the lower arch. The expander screw will be stabilized and the appliance will now be a passive retainer for the expansion that was just achieved. This stabilization stage will last about 3 - 4 months and allows the bone to remodel. Then the expander will be removed. If braces are bonded after the initial active expansion, the expander will stay in until the braces are removed, which is typically a total of about 12-14 months from when the expander was originally inserted.

HOW DO I CLEAN THE EXPANDER?

- Brush the appliance just like you brush your teeth
- Swish with water or mouthwash to remove any food stuck around the appliance
- With the 3d printed arms the fit is very tight and you may not be able to fully floss between these teeth while the expander is in place
- Water flossers can be a great adjunct tool to help remove any trapped food



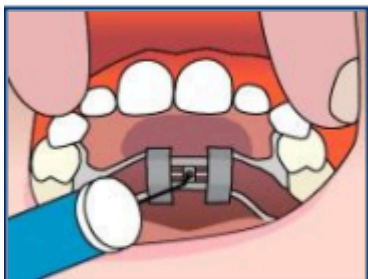
Palatal Expander Instructions for Activation

Please do 1 activation everyday. Continue your activations until you reach a total of 14 . Once activations are complete **STOP** and hold until your scheduled visit.



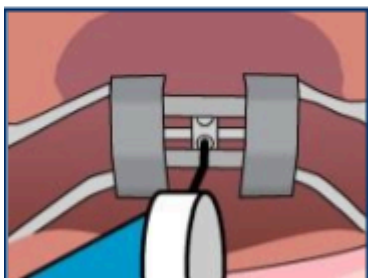
Step 1

In a well-lit area tip the patient's head back.



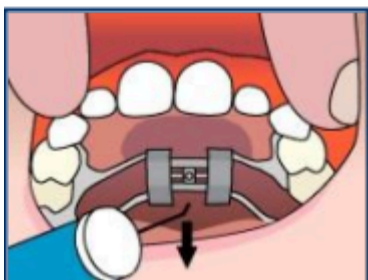
Step 2

Place the key in the hole until it is firmly in place. There is a bend in the key to prevent you from inserting the key too far. So don't worry you won't "poke" the patient!



Step 3

Pushing the key towards the back of the mouth, you will notice the wheel in the expander will rotate and the new hole will appear. The rotation stops when the key meets the back of the expander.



Step 4

By pushing back and down towards the tongue, remove the key. The next hole for insertion of the key should now be visible.

One activation is = 1/4 turn of the expander screw wheel, which translates to just 0.25mm of movement.

Do not "twist" or "spin" the key in a circular motion - this is not an activation.

An activation is a pushing movement from the front to the back of the throat.