



Palatal Expansion Instructions

What is a palatal expander?

A rapid palatal expander (sometimes called RPE) fits in the roof of the mouth (palate) and accomplishes the following:

- Widens the upper jaw to create room for erupting permanent teeth
- Improves upper and lower jaw alignment due to a constricted upper arch
- Enhances the esthetics of the smile

How long will my expander be in place?

The length of time you turn your expander or wear your expander depends on our treatment goals for you. Most patients have their expander in place for approximately 6 months.

The 5 S's of what to expect

The palatal expander may take a few days to get used to. Here is what to expect:

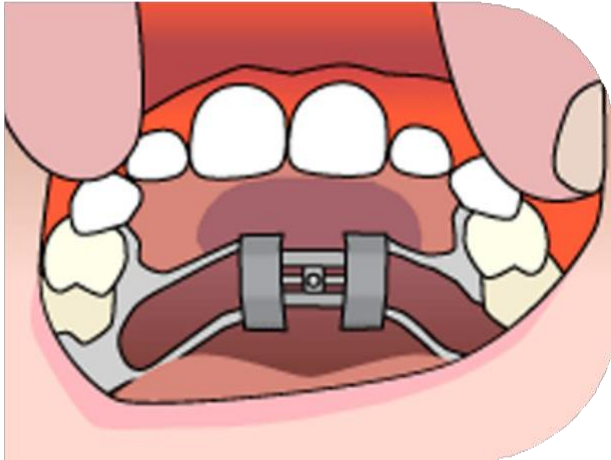
- **SWALLOWING** - Swallowing may feel different because your tongue is not used to having the expander in its space.
- **SORENESS** - The mouth or nose may be sore or tingly, or there may be a slight headache. Over-the-counter pain relievers can help ease any discomfort.
- **SPEECH** - Your speech will be temporarily affected and you may have a slight lisp as you're adjusting to your expander.
- **SPACES** - In about a week or so, there may be spaces between the front teeth. That's a sign that the expander is working. The teeth will later shift to fill in the spaces by themselves or with braces.
- **SALIVA** - There may be excess saliva for a few days as you're adjusting to your expander.

Caring for your expander

It is important to keep the palatal expander clean. Swish water around in the mouth after eating or after drinking sugary soda or juice. When brushing the teeth, the expander should be brushed too.



Turning your expander

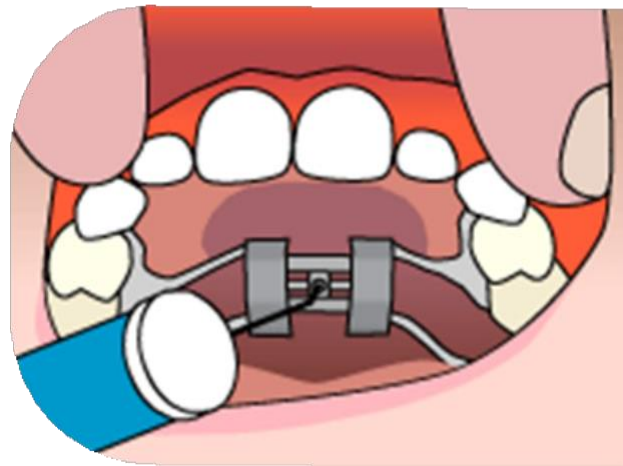


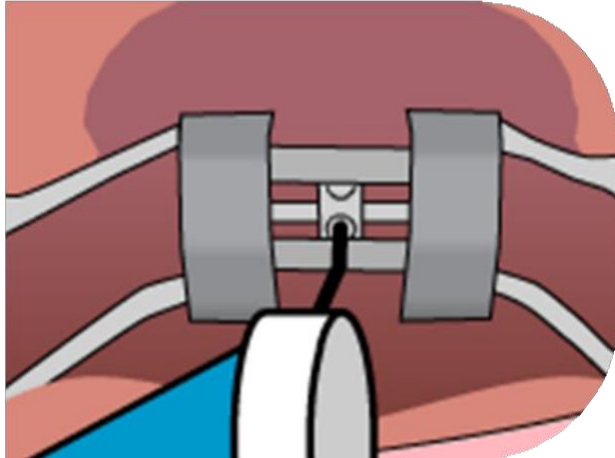
Step 1

In a well-lit area, tip the child's head backwards. The higher their chin is, the easier it will be for you to see the hole.

Step 2

Place the key into the hole until it is firmly in place.



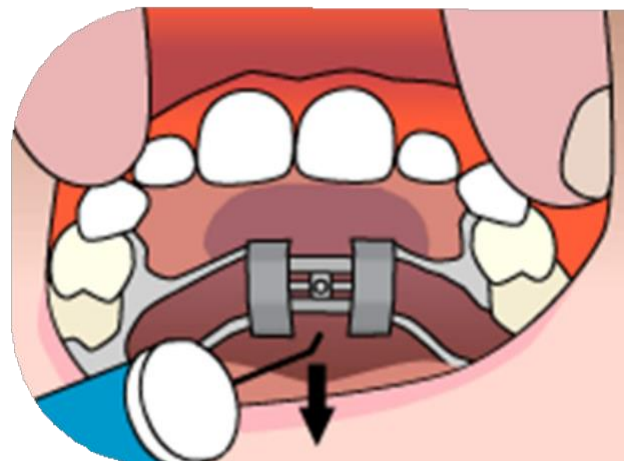


Step 3

Push the key towards the back of the mouth. You will notice the center cog has turned and a new hole has appeared. The rotation stops when the key meets the back of the expander.

Step 4


Slowly remove the key from the hole by pushing the key straight down and out of the hole. Be careful not to accidentally unwind the expander while removing the key. The next hole should still be visible after removing the key.





Frequency of Turns:

Turn your expander as instructed. Put a mark under each day to record your turns. Bring this sheet with you to your appointments.

DATE		

DATE		