



INSTRUCTIONS
.....
rapid palatal
expander

CONGRATULATIONS on getting your new palatal expander!

Expanding the upper jaw helps to correct the bite, make room for crowded teeth, and may even help redirect the way in which the upper jaw grows. Below are some rules that apply to using a palatal expander:

1. Palatal expanders seem HUGE when they are first placed in the mouth. Generally, you will have difficulty speaking and swallowing in the beginning...DON'T WORRY, this will go away in a few days.
2. The expander is activated manually at home to widen the upper jaw. This is done by placing the "key" into the hole in the middle of the expander and pushing it back toward your throat until it comes to a stop and you can see the next hole appear. This "activation" should be done.....times per..... for..... . Each turn will bring a new hole to the front for the next "activation."
3. A space will probably develop between the upper front teeth. This is because the upper jaw is expanding faster than the teeth can move together. Please don't be alarmed...the teeth will move back together after you have finished "activating" the expander.
4. The expander can be loosened by hard, chewy or sticky foods. Please follow the advice on our **FOOD LIST** concerning those foods to avoid. If one of the bands breaks loose, please call us to have it repaired as soon as possible.
5. Typically palatal expander activation (key turning) is complete within 6 - 8 weeks. The expander will then remain in place for 6 - 8 months to stabilize.