

EXPANDERS

HOW TO STUFF MORE STUFF
IN A SMALL SPACE!

SOLUTION: GET A BIGGER BOX!



A palatal expander is an orthodontic appliance which is attached to the upper back teeth with dental cement. The purpose of the appliance is to make more room for crowded teeth by widening the upper jaw.

TURNING YOUR EXPANDER

- 1 A key is supplied for you in order that the expansion screw can be turned.
- 2 The key is inserted in the expander hole and is turned from the front to the back. The next hole will appear and the key is removed.
- 3 Your expander should be turned _____ times per day for a total of _____ turns.
- 4 If the key is accidentally removed before a complete turn is made, the next hole will not be available. If that occurs, reinsert the key in the original hole and complete the turn.

WHAT TO EXPECT

- 1 You may experience some discomfort. Any over the counter pain reliever should take care of any discomfort.
- 2 A space may appear between the upper two front teeth during the process of expanding.
- 3 Some patients experience a tight feeling or tingling around the nose when the expander is turned.
- 4 The expander will alter speech the first couple of days.
- 5 The mouth may water a bit more during the first days.
- 6 Chewing food will take longer as the food will have a tendency to get caught between the roof of the mouth and the appliance.
- 7 It is suggested that the patient drink while eating to assist in the removal of foods and make it easier to swallow.
- 8 No sticky/chewy foods - no gum of any kind, fruit roll-ups, fruit snacks, skittles, starburst, taffy, gummy bears, and air heads, etc.