

Λαωρενχε Δενταλ Γρουπ
500 3rd Ave, Kingston, PA 18704
570-288-5588

EXPANDER INSTRUCTIONS

When indicated, we use palate expanders in patients to:

- Widen the upper jaw to create room for erupting permanent teeth
- Improve upper and lower jaw alignment due to a constricted upper arch
- To enhance the esthetics of the smile.

When you first have the expander placed, your mouth may produce more saliva. If this occurs, make a conscious effort to swallow normally by closing your lips and pushing your tongue up against the roof of your mouth. This will go away as your brain gets use to the expander – typically after a couple of days.

You may talk a little funny for a day or two until your tongue gets use to sharing space with the expander – but in no time you will speak normally.

HOW MANY TIMES DO I TURN THE EXPANDER?

The frequency and number of turns is dependent on each individual case. Dr. Lawrence will discuss this with you.

HOW OFTEN DO WE TURN THE EXPANDER?

The frequency and number of turns is dependent on each individual case. Dr. Lawrence will discuss this with you as well.

HOW DO WE DO THE TURNS?

In a well-lit area, firmly grip the blue key. Insert the key carefully into the hole in the middle front part of the expander. Push the key gently and steadily from the front toward the back of the mouth. You should feel some resistance while turning it. You will notice that the next hole will rotate in position as you complete your turn. Remove the key by pushing it toward the throat out of the hole.

WHAT DOES IT FEEL LIKE WHEN IT IS TURNED?

IT SHOULD NOT HURT WHEN YOU HAVE YOUR EXPANDER TURNED. If you feel any discomfort, please call our office to discuss. A tingling sensation may occur on the bridge of your nose. Over time, you may develop space open between your two front teeth, but don't worry, it is only temporary.

HOW DO I CLEAN MY EXPANDER?

Brush your teeth as you usually would and brush carefully around your appliance. Use a Water Pik® and/or the water syringe we gave you to dislodge food particles that may be trapped under the expander. Avoid all foods on the "no no list" we provided you – ESPECIALLY POPCORN! Popcorn is known to stick under the expander and cause gum infections.

HOW LONG WILL MY EXPANDER BE IN MY MOUTH?

The length of time you turn your expander or wear your expander depends on what we are trying to accomplish for you. Most patients have their expander 4-6 months. And when the day comes to take it out, don't worry! It is quick and easy and painless to remove the expander.

ADDITIONAL EXPANDER INFORMATION

Attached to the upper molars through bonding or by cemented bands, the Rapid Palatal Expander is an orthodontic device used to create a wider space in the upper jaw. It is typically used when the upper jaw is too narrow for the lower jaw or when the upper teeth are crowded or blocked out of the dental arch.

By simply activating the expander through turning a screw in the center, with a special key we provide, gradual outward pressure is placed on the left and right halves of the upper jaw. This pressure causes an increased amount of bone to grow between the right and left halves of the jaw, ultimately resulting in an increased width.