



Expander

- The expander is an orthodontic appliance that is cemented to the teeth. It is not taken in and out by the patient.
- The expander spans across the roof the mouth. The middle portion of the appliance has a screw in it. When turned, the expander gets wider.
- When the expander is cemented, we will instruct you on how to turn the screw and thereby activate the expander.
- Steps in making an expander:

Appointment #1 – Place separators between the teeth (10 minutes)

Appointment #2 – One week after separators, fit stainless steel bands around the molars and take impression of the teeth (45 minutes) You will leave with new spacers.

Appointment #3 – One week after fitting the bands, cement the expander in place (45 minutes)

- The expander is checked every 2 weeks to determine how many turns will be needed.
- Once there have been enough turns, the appliance will remain in the mouth for four months to hold the expansion.

PALATAL EXPANDER

Your child has been fitted with a special appliance made to widen the upper arch. Please follow the instructions below. If you should have any questions, please feel free to contact our office.

1. Use the key to turn the appliance as prescribed. Your assistant will make sure to explain how many turns to complete between appointments.
2. Insert the key into the front hole and gently push steadily toward the back of the throat. This will bring the next hole into view. **DO NOT BACK UP.** Remove the key toward the throat.
3. The patient will feel pressure for a few hours each time the key is turned during the first few days. Take Tylenol, or other similar products, if needed.
4. A space will open between the two front teeth within a few days. This is normal and nothing to cause concern. It will close by itself over time.
5. If you forget a turn, **DO NOT** give extra turns to try to catch up. Just continue with the prescribed schedule.
6. **DO NOT EAT HARD, CRUNCHY, OR STICKY FOODS.**
7. Keep the appliance clean. The patient should brush around all parts of the appliance, especially next to the gums.
8. If one of the bands comes loose, or you have any questions, please call our office.

