

PALATAL EXPANDERS

This special appliance, attached with bands or bonds, widens the roof of your mouth by gently separating the upper arch in the center of your palate.

Why is this necessary?

- To expand the upper jaw for a proper fit with the lower jaw and to eliminate cross-bites.
- To make room for crowded teeth.

How long will it take?

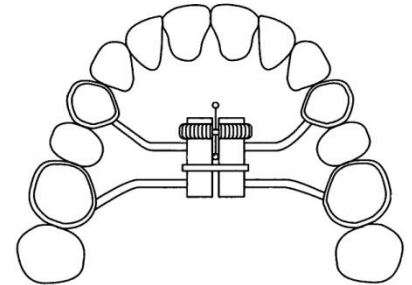
- Usually anywhere from 2-4 weeks of turning.
- The appliance remains longer while the new bone is generating in your expanded upper arch.

Will I feel it moving?

- You may experience some initial discomfort & pressure.
- Also, you may feel a tingling sensation or itch underneath the appliance and on the bridge of your nose.
- You will see a temporary space between your two upper front teeth.

What should I do during treatment?

- Eat a well-balanced diet.
- Use a toothbrush carefully around your appliance.
- Use a water-pik and mouth wash to keep your mouth free of spoiled or irritating food particles.
- Take Tylenol for any discomfort.



AND MOST IMPORTANT:

You or your parent must “activate” your appliance as instructed by your doctor/dental assistant. Your appliance needs to be activated:

- Once a day (every 24 hours) Twice a day (every 12 hours)

To activate your appliance:

1. **Loop the string** (attached to the special key) around your finger or wrist to prevent it from accidentally slipping down your throat.
2. **Insert the key** carefully into the hole or slot in the middle of your appliance.
3. **Push the key** gently and steadily from the front toward the back of your mouth. Do NOT back up. Remove the key towards the throat. Pushing the key back as far as possible brings forward a new keyhole position.

Now you're ready for your next activation!