

# RAPID PALATAL EXPANDER

Your rapid palatal expander (RPE) widens the upper jaw and allows for more space for the eruption of the permanent teeth. We recommend that you activate the appliance three times per day at the start of treatment. We will provide you with a "wrench" to activate the expander. Instructions are as follows:

Turn three times a day until your next appointment, which will be 7-10 days from the appliance placement. If you miss your appointment, **do not** continue turning the appliance until you have spoken with us.

It is easiest to turn your expander while lying on your bed. Insert the wrench into the hole at the middle of the expander. Rotate the wrench down and back toward the back of your mouth. Move the wrench until the next hole in the expansion screw is visible.

Before removing the wrench, make sure that you have completed the turn. This ensures that you can easily locate the next hole when it's time for the next "turn."

It is common to experience pressure near your nose, cheeks or front teeth during activation. The first few days in your expander will be the most challenging. Here are some helpful hints to ease the initial discomfort:

If you experience tenderness in the teeth, take Ibuprofen (Advil, Motrin) or Tylenol. Speech and eating difficulties will subside within a few days.

Be sure to clean the space between the appliance and the roof of your mouth every day. A water pik will provide additional help if you are having difficulty keeping the area clean.

If your expander becomes loose, you are experiencing pain or have questions, please call us at any time.



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