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RAPID PALATAL EXPANDER INSTRUCTIONS

PURPOSE: The purpose of your new expander is to orthopedically (skeletally) expand the upper jaw quickly. This treatment is recommended when a crossbite and/or underbite are present. It may also be used in conjunction with a face mask (to correct an underbite).

The expander is bonded into place and you will be instructed to turn the expansion screw one turn per day.

A space will appear between the upper two front teeth during activation of the expander, and the upper two front teeth may also feel loose during this time.

We will check the progress every four to five weeks until enough expansion has occurred. After turning is completed, the appliance does remain in place for several months, functioning as a retainer. The average total treatment time for the rapid palatal expander is 6 months.

HYGIENE: Brush the appliance as you would brush your own teeth. A WaterPik or other irrigating device is a recommended and effective adjunct to brushing and rinsing. You will also be asked to use a peroxide rinse and PreviDent toothpaste.

SPEECH: Speech will be affected by the expander. Improved speech is achieved by speaking very slowly and to practice by reading a book aloud. Salivary flow will also increase when the expander is placed. This should subside after the first several days.

DIET: When you first get your appliance, eating may be a little more difficult for the first week or so. After that, you should be able to eat almost everything you did before with a few exceptions:

- Hard foods such as ice cubes, lollipops, frozen candy bars, etc.
- Sticky foods such as chewing gum, taffy, and caramels will loosen bonded appliances.
(These are a few examples and the above list is not all-inclusive).

If the expander hurts or comes loose call the office immediately to schedule a check appointment. It is sometimes necessary to remove and re-bond the expander, or in rare circumstances make a new expander.

RINSE/TOOTHPASTE:

Peroxyl – Peroxyl is an antiseptic rinse which aids in eliminating the bacteria which wants to grow on the palate under the expander. A capful of Peroxyl should be used 3-4 times daily after brushing (i.e. morning, after school, after dinner, and at bedtime). The patient is advised to flush the liquid between the palate and expander to remove any debris and germs which may be trapped in this area.

PreviDent[®] – PreviDent is prescription strength toothpaste that prevents against cavities. Additionally, regular use of PreviDent along with good brushing dramatically reduces the chance of developing “marks” on your teeth. This toothpaste is used in place of your regular toothpaste during the entire length of your treatment. The patient is advised to use a pea-sized amount each time he or she brushes (2-3 times per day). DO NOT swallow this toothpaste.