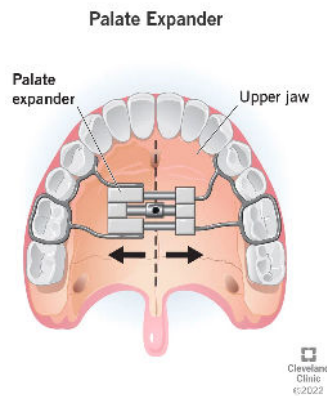


Congratulations on getting your palatal expander!

Why is my child getting an expander?

- A palatal expander is a device that widens the upper jaw. It is usually recommended for patients (7-11 years old) who are still growing because, during this stage, we can more effectively influence jaw and facial development. The upper jaw is still in two parts and it has not fused yet so we could take advantage of the growth potential and widen the jaw with an expander and no surgery.
- In specific situations, using a palatal expander can lead to significant benefits. It can help your child achieve a broad and beautiful smile without requiring tooth extractions in the future, lengthy treatments, or corrective jaw surgery in adulthood.



How does an expander work and what should I expect?

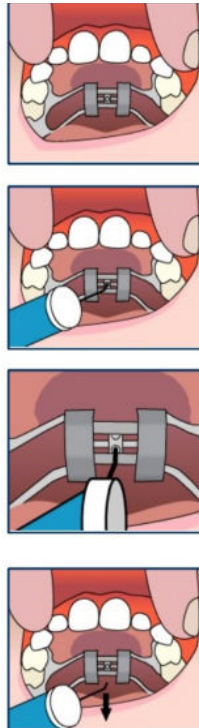
- When we deliver the expander, we will teach you how to turn the key and how many turns are needed.
- Stop turning the appliance after you have completed the number of turns recommended by our Doctors.
- When turning the appliance it is normal to experience some pressure after turning. This is normal & a good sign!
- You may start to see a space opening between your front teeth- this is another good sign the appliance is working!
- In the first few days, it may be difficult to swallow and you may have a lisp. A water-flosser may be helpful to get any food out that is stuck in the expander.

- Avoid any hard, chewy sticky foods like caramels & taffies that may loosen the expander.
- Call us if the expander is loose and stop turning the appliance.

How long does my child need to wear the expander?

- The expander will be turned until the upper arch becomes wider than the lower arch. The expander will stay in place for **six months** after you stop turning it to allow for the bone to remodel. This is called the stabilization stage.

Palatal Expander Instructions



- 1) In a well lit area, tip the patient's head back. If you need, you can also have someone else shine their iPhone flashlight to help you see the hole.
- 2) Place the key in the hole until it is firmly in place. Do not turn the key until it is firmly standing. There is a bend in the key to prevent you from inserting the key too far. You cannot 'poke' the patient. If you are worried you can use your other hand to guard their palate.
- 3) Pushing the key towards the back of mouth, you will notice the wheel in the expander will rotate and the new hole will appear. The rotation stops when the key meets the back of the expander.
- 4) By pushing back and down towards the tongue, remove the key. The next hole for insertion of the key should now be visible. Be careful not to reverse the turns :)