

Sima Rafati DDS, MS



Throughout your treatment, we will instruct you on how to wear the specific orthodontic appliance necessary for your treatment. Please feel free to call us if you have any questions or concerns. For your convenience, instructions for wearing your orthodontic appliance are provided below.

REMOVEABLE EXPANDER APPLIANCE TIPS

FOLLOWING THESE GUIDELINES WILL ENSURE EFFECTIVE TREATMENT:

- * Wear the expander 14 hours a day after school; starting the very first day.
- * Every morning take the expander out and brush it in cold water. Never use hot water. Be sure to place the expander back in its case, and store it in a safe drawer in your bathroom.
- * Bring your expander to every appointment so that we can check it and make the necessary adjustments.
- * Never Leave your expander outside its case. This is a very common way of losing it.
- * Please call us as soon as you can if your expander does not fit or it is lost. Your teeth can move quickly, and if you wait too long we may not be able to adjust your expander.

IT IS IMPORTANT THAT YOU FOLLOW ALL OF THESE INSTRUCTIONS. YOU'LL BE DONE WITH YOUR TREATMENT SOONER THAN YOU THINK! PLEASE CALL US IF YOU HAVE ANY QUESTIONS OR CONCERNS.