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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.

PALATAL EXPANDER

APPLIANCE TIPS

The Palatal Expander will be worn for several months to widen your upper jaw.

The expander must be adjusted to be effective:

- * Please adjust the screw on your **UPPER** expander **ONCE** every day for 27 days.
- * Please adjust the screw on your **LOWER** expander **ONCE** every **OTHER** day for 27 days.

The best time for the adjustment is first thing in the morning or right after dinner. This way, you will have time to get used to the tightness before you begin the day's activities or before you go to sleep. Please call us if you have difficulty adjusting your expander.

WHILE WEARING YOUR EXPANDER YOU MAY NOTICE:

- * Extra space between your upper front teeth. This is temporary and the space will close within a few weeks.
- * Speech and swallowing difficulties. These difficulties are also temporary, and should improve within a few days. Reading out loud will help improve your speech.
- * Sore areas on the cheeks and tongue during the first few days. Please use the wax provided to smooth the surface of the expander.

FOLLOWING THESE GUIDELINES WILL ENSURE EFFECTIVE TREATMENT:

- * Brush and floss your teeth and the expander frequently.
- * To prevent breakage, avoid sticky or hard foods (for example, candy, gum, hard crusts, apples, carrots, popcorn, etc.).
- * Adjust the expander very gently and remove the key after the adjustment to stop the hole from moving.
- * If the expander loosens up on one side: Push it back up and call us to set up an appointment.
- * If the expander loosens up on both sides, take it out and bring it to your next appointment.

PLEASE CALL US IF YOU HAVE ANY QUESTIONS OR CONCERNS.