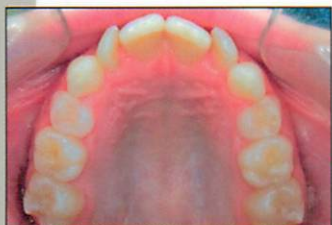


EXPANDING THE PALATE



Narrow
Upper Arch,
Crowded Teeth



Expanded
Palate with
More Space



After 4 Weeks
of Expansion

Directions



Have the child lie on his or her back with the head at the edge of a bed or over the arm of a sofa. Use adequate lighting from a bright lamp or flashlight.



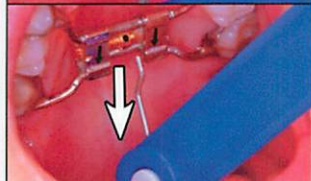
Opening as wide as possible will minimize the gag reflex.



Place the key in the center hole and turn in the direction of the arrows that are on the expander.



Turn the expander toward the back of the mouth until you can see the next hole.



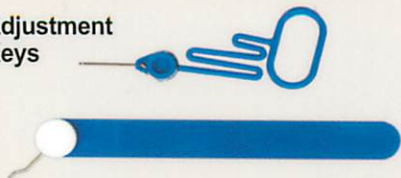
Carefully remove the key in a down-and-back direction. Caution: Be very careful not to "unturn" the expander when removing the key.

Be sure to follow the doctor's instructions as to how often to turn the expander.

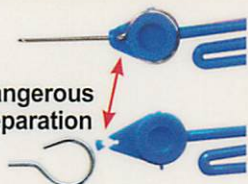
Try to make the adjustments at about the same time each day.

Use Extreme Caution

Adjustment
Keys



Dangerous
Separation



To remove the key from the keyhole, gently slide the key in a downward direction. Pulling a flexible key in an outward direction can cause separation of the metal portion, which may be swallowed.

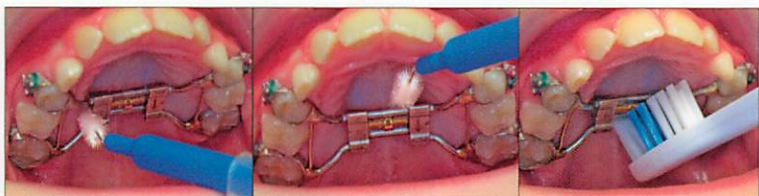
Reminders

CAUTIONS FOR ALL EXPANDERS

- Do not skip any days of turning the expander. Skipping a day may lengthen the time for expansion.
- If nuts, seeds or hard food particles block the key hole, carefully clear the hole with a toothpick before turning.
- If you cannot keep a scheduled appointment, **DO NOT** continue to turn the expander until after you have spoken to the doctor.

DIET AND CLEANING YOUR EXPANDER

- Maintain a soft diet for the first few days after receiving the expander.
- Avoid hard or sticky foods, like popcorn or caramels, that might dislodge the expander.
- Brush thoroughly after meals to keep the expander free of food and plaque.



Cleaning the Expander

WHAT TO EXPECT WITH AN EXPANDER

- A temporary lisp or slurred speech
- Excess saliva for a few days
- Possible initial difficulty in chewing and swallowing
- Pressure on the teeth, palate and nose after adjustments
- Temporary irritation of the tongue
- Possible headache
- A slight change in facial appearance
- The bite may feel "off"
- Certain foods will catch on the expander
- A temporary space will appear between the upper front teeth as expansion progresses.

With excess saliva, swallow before speaking. With discomfort, use a mild, over-the-counter pain reliever.

These are normal and expected effects of a rapid palatal expander and are not reasons to remove the expander prematurely. Braces are usually required following palatal expansion to align the teeth and fine-tune the bite.