



PALATAL EXPANDER

Instructions

1. **PURPOSE:** Palatal expansion is used to increase the width of a too-narrow upper arch so that it can fit properly against the lower arch. Expansion may also be required to provide space to accommodate the upper teeth or to improve nasal breathing or speech.

2. **HOW DOES IT WORK?** The upper jaw is joined down the middle by a suture or joint that allows it to be painlessly separated or expanded. Your expansion appliance consists of bands cemented to the teeth and a screw that provides the expansion force.

3. **TO ACTIVATE THE EXPANDER:** You may have a spring activating expander which will be activated by Dr. Crowder at your visits. If you have a home activating appliance, the screw in the appliance should be turned by a parent or responsible adult, as directed below. The key should be inserted into the hole facing toward the front and then pushed slowly back all the way toward the throat until the next hole comes into view.

4. **DISCOMFORT:** Your teeth may be somewhat uncomfortable and sore for the first few days. Although some pressure may be felt, especially during activation, any significant discomfort is not normal and should be reported to the doctor at once.

5. **HOW LONG WILL YOU HAVE TO WEAR YOUR EXPANDER?** Once your palate has been widened sufficiently, the expander must be left in for 3-4 months to maintain the expansion until new bone fills in the space.

6. **DO YOU HAVE SPACES OPENING?** Eventually, a space may open between your upper center front teeth. This is normal and means that the expander is working. This space will be closed in later treatment.

7. **HYGIENE:** Brush the expander with your toothbrush, even the expansion screw. Additionally, flush out between the expander and the roof of your mouth by swishing with water or with a *Waterpik*.



SCORECARD

Place a check for each turn in the boxes below.

Turning Prescription _____ times a day for _____ weeks.

DATE																				
MORNING																				
EVENING																				

Please bring this scorecard to your appointments until the expansion is completed.