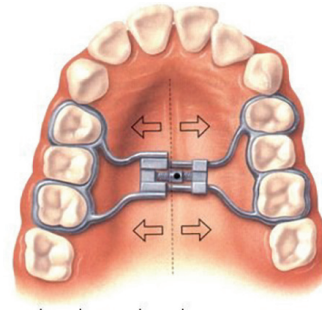


WHAT IS AN EXPANDER?

An expander is an appliance used to widen your top jaw to correct a crossbite.

A cross bite occurs when the top jaw (maxilla) is too narrow to fit over the bottom jaw (mandible).

The expander corrects this by putting a gentle force across the top jaw which gradually widens the top jaw.



Your instructions

Please turn your expander:

It's a good idea to mark on a calendar when you have done your turns to keep track of them. If you miss a day, do not double up the next day, just add an extra day onto the end to make up for it. You can use this chart to mark off the turns you have done.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

SCAN FOR MORE INFORMATION



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Phone: 07 47742254

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Should you have any questions or problems with your expander, please give us a call!

RAPID

MAXILLARY EXPANDER

1300 **SMILES**
Orthodontics

HOW DOES THE EXPANDER FEEL?

At first it will feel a little bulky, strange and uncomfortable, like a new pair of shoes.

It will take a few days to learn to speak properly with the expander.

Practice reading a book out loud to get your tongue used to the feel.

The expander will stimulate extra saliva flow in the first few days; this is normal.

Make sure you brush around your expander well and do not play or fiddle with your expander, you will get used to it!

Try and avoid hard, crunchy and sticky foods as this can cause damage to your expander.



HOW LONG WILL IT BE IN FOR?

Expanders need to stay in at least 6-12 months, it varies with each patient. Turns are usually done within the first couple of months. We then need to leave it in longer for everything to stabilise.

TURNING THE EXPANDER

- 1 Lie on the lounge with your head tilted as far back as possible with your mouth opened wide.
- 2 Have a parent or friends insert the key into the hole.
- 3 Gently push the key back towards the throat as far as possible and you will see the next hole appear.
- 4 Gently wiggle the key and slide out of the hole, being careful not to turn the key backwards as you pull it out.



DOES IT HURT?

The expander may hurt a little at first but after the first 3 or 4 adjustments it should settle.

You will feel a slight pressure feeling in your teeth and mouth which usually goes away in about 10 minutes.

You may notice a gap appear between your two front teeth, this is a sign your expander is working and is temporary, it usually closes before your expander is removed.