

RAPID PALATAL EXPANDER

WHAT IT IS

The Rapid Palatal Expander (RPE) widens the upper jaw and allows more space for the eruption of the permanent teeth. We will provide chairside instructions on how to activate the expander. Always follow the doctors' instructions. (see below)

INSTRUCTIONS

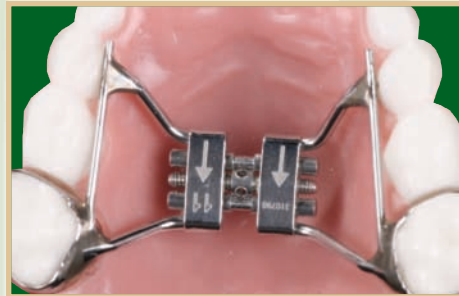
- Activate the expander as follows:

- Do not activate the expander any more than instructed above. Dr. Karr or Dr. Blackman will discuss further instructions with you at your next appointment.
- It is easiest to turn your expander while lying on your bed.
- Insert the wrench into the hole in the middle of the expander. Rotate the wrench down and back toward the back of your mouth. Move the wrench until the next hole in the expansion screw is visible.
- Before removing the wrench, make sure that you have completed the turn. This ensures that you can easily locate the next hole when it's time for the next "turn."
- Be sure to clean the space between the appliance and the roof of your mouth every day. A WaterPik will provide additional help if you are having difficulty keeping the area clean.

WHAT TO EXPECT

It is common to experience pressure near your nose, cheeks or front teeth during activation. The first few days in your expander will be the most challenging. Here are some helpful hints to ease any initial discomfort:

- If you experience tenderness in the teeth, take Ibuprofen (Advil, Motrin) or Tylenol. Speech and eating difficulties will subside within a few days.
- If your expander becomes loose, you are experiencing pain or have questions, please call us at any time.



EXPANDER



TURNING YOUR EXPANDER

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