

Palatal Expander

Your Palatal Expander is used to gently widen the roof of your mouth

Turning your appliance:

- *Your appliance is turned using a special "key".
- * The best time to turn the key is after a meal or an hour before bedtime.
- * Be sure to loop the string attached to the key around your wrist. This will prevent the key from being accidentally swallowed.
- * Insert the key into the hole in the middle of the appliance and gently, steadily push the key towards the back of the mouth as far as possible. Do not back up. Remove the key towards the throat. Each turn automatically brings a new key hole position forward.



What to expect :

- * Your teeth may be tender for a few days. The medication you normally take for a headache will help to alleviate any discomfort.
- * When turning, pressure around the bridge of the nose and towards the cheekbones may be felt.
- * A space between your two front teeth may form...Do not be alarmed! This is only temporary and will soon close. This is a sign that your appliance is working!



Keeping your appliance clean:

- * Brush your appliance while brushing your teeth.
- * Rinse your mouth with water frequently to loosen food particles.
- * We recommend using a WaterPik three times a day to help remove larger pieces of food.
- * If your appliance is not clean, an gum infection may develop, necessitating premature removal of the appliance. The infection will need to heal, and then we will need re-make and re-deliver a new appliance.



For most patients there may be some initial discomfort. If discomfort persists for more than one hour after turning your appliance, please call the office. If you cannot reach us, turn the key back one turn, and leave a message for us to contact you.