

## **FIXED LOWER EXPANSION APPLIANCE (FLEA)**

Because the orthodontic problems you are experiencing and treatment you are to receive are dental and orthopedic in nature, we have fabricated an expansion appliance for your benefit. This appliance minimizes the likelihood of having permanent teeth extracted as part of your orthodontic treatment.

Activating the appliance involves inserting a key in the widening screw towards the front of the mouth and pushing the key until the key is pointing all the way towards the back of the mouth. You will notice that a new hole to receive the key will appear towards the front of the mouth when you have made a complete turn.

It is normal for some of your teeth to become sore during the early stages of appliance wear. However, if any areas of tissue irritation result, make an appointment to have these areas evaluated.

Initially swallowing and eating may be difficult. Your tongue must have time to adjust to the new appliance. Try very soft foods or liquid type foods first ( i.e. soup, cottage cheese, yogurt, pasta, etc.) and then work your way to other foods as you get used to eating with the appliance.

Initially, your speech will be affected by the appliance. However, within a few days of constant wear your tongue will become adjusted and your speech will return to normal. You may notice increased saliva flow for a few days. This too will return to normal.

In the event that one side of the appliance becomes loose, try to push the loose side back down and contact the office immediately to schedule an appointment to have it repaired. If the loose appliance is producing much discomfort, you can attempt to remove it by grasping the unattached side and wiggling the appliance up and down until the appliance comes loose on the attached side. Please remember to bring the appliance to the office so that we may replace it.

There is an additional fee for lost or broken expansion appliances. **BE CAREFUL!** Don't play with the appliance in your mouth!

**Remember** – Carefully following these instructions and wearing your expansion appliance as prescribed will increase the likelihood of obtaining the desired treatment results.

Turning Schedule \_\_\_\_\_