

RAPID PALATAL EXPANDER

Because the orthodontic problems you are experiencing and treatment you are receiving is partially orthopedic in nature, we have fabricated an orthopedic expansion appliance for your benefit. This appliance will assist your upper jaw in widening which can make additional space for your teeth. The increased expansion decreases the likelihood of having permanent teeth removed 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 quite common to feel pressure in the upper jaw, nose, and upper front teeth during the first several days of expansion. Some soreness of the upper teeth may also be present at first.

It is also common to have a rather substantial gap develop between the upper front teeth. This is normal and temporary. After we complete the expansion process, the gap between the upper front teeth will return to a size comparable to that present prior to initiating the palate expansion. In the unlikely event that you experience spontaneous nose bleeding after activating the appliance, please call the office.

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 up 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 you loose appliance to the office so that we may replace it.

Please remember to turn the appliance as instructed because this will greatly increase the likelihood of obtaining the desired results.

Turning Schedule: Turn _____ times per day for _____ weeks.