

*Julie F. McCray D.D.S., M.S. – Orthodontist
7171 Delmar Blvd., Suite 201, St. Louis, MO 63130
(314) 721- 5551*

Palatal Expander

Congratulations on your new **Palatal Expander** appliance! This appliance will make your upper jaw wider to make more room for your teeth and correct your crossbite. The expander will need to be activated with the key one time every day. Most patients find that bedtime is the best time for activation. Have the patient lie down, open wide, and tilt the head back for maximum visualization.

Do:

- Turn the appliance every day. Make sure you can see the next hole completely before taking the key out. If not turned far enough, you will not be able to insert the key the next day.
- Take your time learning to talk with the appliance. Speak slowly and clearly. You may also feel like you have extra saliva in your mouth. That feeling will go away as you get used to the appliance.
- Brush over the appliance and around the bands with your toothbrush.
- Squirt water under the appliance with the syringe or a water-pic.
- Stop turning the appliance and call the office immediately if the bands in the back become loose or move up and down on the tooth.
- Take Tylenol or Advil if you are uncomfortable when you first get the appliance.
- Come back to the office every few weeks to check the appliance while it is being turned. The turning takes between 2-6 weeks.
- Come in to the office to be checked every month after that. After turning is completed, the appliance will stay in place about four months. A retainer is usually required after the appliance is removed.

Don't:

- Eat sticky, chewy foods such as taffy, Tootsie Rolls, Now-and-Laters, Jolly Ranchers, caramels.
- Play with the appliance with your fingers or tongue; you could bend or break it.
- Skip days or make extra turns.