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INSTRUCTIONS FOR EXPANDER

The expander you got today will slowly widen your upper jaw for the next couple of weeks. The appliance is activated with a key, which fits into a key hole in the middle of the expander. Once the key is inserted, it's turned from the front towards the back of your mouth. Then the key is removed slowly without undoing any of the turn. This is considered one full turn, and at this point the next hole should be visible in the front.

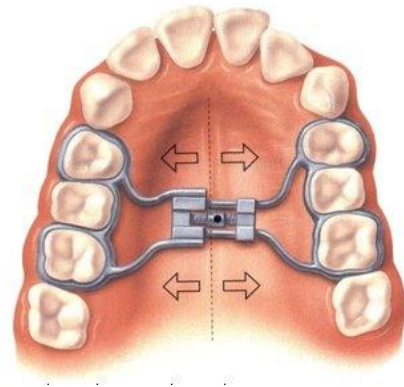
When a turn is made, pressure may be felt – it often feels like someone is squeezing the bridge of your nose. This pressure lasts for only a short period of time. A few days after the appliance has been placed, you can expect a space to appear between the upper front teeth. Once the wires are placed, we'll start closing the gap, so don't worry. The expander will stay in the mouth for 4-5 months.

A soft diet may be helpful for a couple of days, and speech may be difficult for a few days. Reading out loud will help you get used to talking with the expander in place. Oral hygiene will be more difficult, and you should spend time brushing the expander every time you brush your teeth.

The expander should be turned:

_____ time(s) per _____

We'll check your expander periodically to make sure that proper expansion is taking place.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday