

EXPANSION APPLIANCE INSTRUCTIONS

Your new expanders are designed to expand your jaws to a more ideal width. This will give your tongue enough room to be properly positioned to the roof of your mouth at rest.

INSERTION

The appliance is first inserted on your left side and then pivoted to insert on your right side. Once the left side has clicked in place, use your thumb or finger to press on the acrylic near the clasp on the right side, using a side push motion to help the clasp roll over the tooth.



- A **scratching sound** as the appliance is inserted signals a nice tight fit of the clasp so the appliance stays in place.
- It should always fit to the roof of the mouth and be **very difficult to remove** when it is properly in place.
- It is very important to **push the appliance to the roof of your mouth 3 times really hard** each time it is inserted to ensure a correct fit.

Your appliance **SHOULD NOT** be inserted by biting it into place. This may bend or break the metal clasps that hold it in place. **Always insert your appliance using fingers and thumbs!!**

REMOVAL

Remove the appliances by quickly pulling down on the right clasp. The clasp will flex, and the appliance will come out easily without causing you any discomfort.



TALKING

Speech may be challenging at first but will improve over time. **Slow your speech** and read out loud for 10-20 minutes per day until you become used to the appliances.

Tip: speak *"LOUD and SLOW!"*



CLEANING

The appliances are cleaned with toothpaste or soap and a firm bristle toothbrush at least once a day. **Rinse your mouth with water after each meal** to keep food debris from collecting around your teeth and appliances!



EATING

The appliances MUST be worn when eating. The first few meals should be soft foods that really do not require teeth to eat while you get adjusted. Swallowing may be difficult initially. Tip: Smile bites and always swallow with your teeth together.



SORES

Occasionally, as the teeth move, the acrylic part of the appliance may dig into the roof or floor of your mouth, causing a sore. This can result in some discomfort and swelling of the tissue. A small ridge of gum tissue on the palate where the acrylic ends is normal and will disappear quickly when this part of the treatment is completed. **In the event of a sore, keep the appliance in your mouth, but stop activating it or turn back the screw slightly to relieve pressure off the area.** Once the sore heals and no longer causes irritation, you can resume activation.

If a sore continues to develop, you can **use the coarse side of an emery board** to remove a small amount of the acrylic. Make sure to let us know during your appointments if there are any areas that are slightly bothering you..

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ACTIVATION/TURNING

The appliances are activated by inserting the provided key 1-2 mm into the hole of the expansion screw and turning towards the direction of the arrow. This results in a slight sense of tightness as the appliances are reinserted into the mouth. The following expansion rates are very important and **should not be accelerated.**

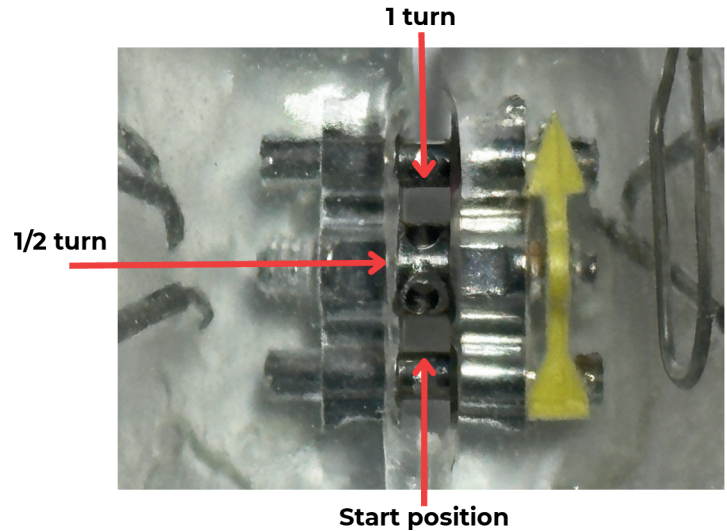
TURN SCHEDULE

Upper:

- ½ of a turn along the arrow every day
- ½ of a turn along the arrow every other day
- ½ of a turn along the arrow every 4 days

Lower:

- 1 turn along the arrow 2x per week
- 1 turn along the arrow 3x per week
- 1/2 turn along the arrow every other day
- 1/2 turn along the arrow every 4 days



If either of the appliances do not seat fully in the mouth, Turn back screw until you achieve proper fit. You can resume normal activation schedule afterwards.

Each time the appliance is inserted into the mouth after activation, use extra force to ensure it is fully seated in place. An appliance that does not fit tight WILL NOT expand arches. If your appliance is loose, STOP activating the screw and call us to come in as soon as possible for us to make the necessary adjustments.

DURATION OF TREATMENT

When properly worn, most patients will wear these appliances between **12-18 months full time** and then *transition to night time wear* until all permanent teeth have erupted. Improper wear or activation may increase that time dramatically.

REASONS FOR A CALL TO THE OFFICE:

- A sore in the mouth that you cannot fix with an emery board.
- A poorly fitting appliance

**THE APPLIANCES MUST BE WORN AT ALL TIMES!
ONLY REMOVE FOR CLEANING & ACTIVATION!**

Use the QR code below to find the video for these instructions and other resources

