

## Rapid Palatal Expander (RPE) - Care Instructions

Congratulations on getting your expander! This instruction sheet will provide you with all the information you need on how to take care of your new appliance as well as your teeth. Please feel free to give us a call or email us if you have any further questions or concerns.

**Number of turns per day** \_\_\_\_\_      **Number of Days/weeks** \_\_\_\_\_

### Turning your expander

Depending on the patients comfort level and schedule, the expander can be turned in the morning or in the evening. If there are more than one turn in a day you can even alternate between the morning and evening. Below are some steps to help in the success of turning the appliance.

- Make sure patient is positioned with head tilted up in an area with sufficient lighting
- The expansion key should be placed in the hole closest to front of the mouth ensuring the key is fully seated within the hole
- Once the key is inserted properly you will push the key towards the back of the mouth. (there is an arrow on the expander to show which direction to push)
- To complete a turn, ensure that you have pushed enough so that the next hole is fully visible
- Carefully wiggle the key down and out of the hole towards the back of the mouth

### What to expect from Expander

- Chewing and swallowing may be challenging for the first couple days
- Speech may sound different so speaking/reading out loud is recommended
- Tingling in the nose could be experienced when turning expander
- Expander could become a food trap so thorough brushing is important (water flosser is a great extra tool)
- Avoid biting things like (ice, lollipops, jolly ranchers, etc...) to prevent expander from becoming loose.
- Avoid sticky foods like (caramel, taffy, etc...) so as not to get stuck under expander

