

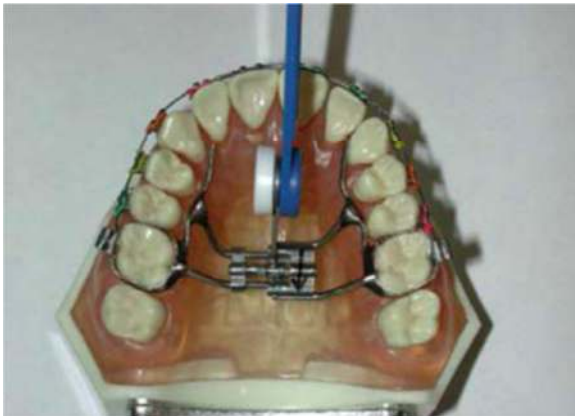
Fixed-in Orthodontic Expander - Instructions and Care

This appliance is designed to broaden the jaw in order to create more space and correct certain bite problems. The appliance needs to be activated for the specific amount as instructed and then retained in the mouth for several months to hold the expansion.

Your expander will be activated _____ turn _____ time(s) per _____

Activation

- An activation of the appliance is recommended at bedtime so by the next morning, the pressure from the turn is gone.
- You will be given a key to activate the expander.
- Place the key in the hole of appliance, towards front teeth.
- There is an arrow on the appliance pointing in the direction the key should be pushed.
- Push the key completely towards the back of mouth until it stops and the next hole can be seen fully in front of appliance. The next hole will not be visible unless a full turn is made.
- Remove the key carefully so the new hole for the next activation is completely visible.



Please write in the date to keep track of the number of turns.

1)	2)	3)	4)	5)	6)	7)	8)
9)	10)	11)	12)	13)	14)	15)	16)
17)	18)	19)	20)	21)	22)	23)	24)
25)	26)	27)	28)	29)	30)	31)	32)
33)	34)	35)	36)	37)	38)	39)	40)

Hygiene

- Brush the appliance including the metal bars & screw in the same way you brush your teeth.
- When you are unable to brush after eating, use water to swish around in your mouth to help dislodge any food particles.
- Once a week, rinse your mouth with chlorhexidine mouthwash (Savacol).

Diet

- At first, eating will be more difficult; take small bites & eat soft foods until this is overcome (usually a few days to a week). After that, you should be able to eat almost everything you did before with some exceptions.
- Avoid sticky and hard foods.

What to expect

Speech

- Your speech will be affected. This is not permanent.

Soreness

- Your teeth may be sore for the first few days. To help with this you may want to take what you would normally take for a headache; however, chewing & talking are the best ways to get your mouth used to this new feeling.

Your bite will feel off

- As the palate expands, the teeth will not fit together properly. This is normal.

Space between your front teeth

- Space may appear between the two front teeth. This gap may close spontaneously or can be closed with braces as part of the treatment

Potential problems

- Please turn appliance as instructed. Do not continue to activate the appliance beyond this time. If you complete the required number of turns before the next appointment, simply discontinue the turning.
- Turning the screw too many times may uncouple the appliance.
- If the expander becomes loose, please contact our clinic so the appliance can be recemented.

For more information, please visit www.supadental.com.au or contact our office on (03) 9908 2138.