



NAME: _____

DATE: _____

Instructions for Your New Palatal Expander

The palatal expander is an orthodontic appliance that gently separates the bony suture on the roof of your mouth (hard palate) to widen it and make room for permanent teeth. There are many types of palatal expanders and Dr. Lenhart and Dr. Sherman have carefully chosen which expander best fits your specific needs.

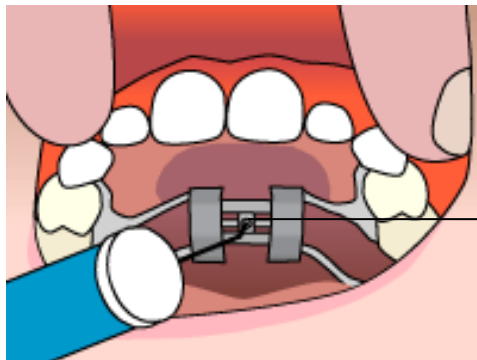
Your expander will be turned (activated) ONCE A DAY (unless directed by Dr. Lenhart or Dr. Sherman) for approximately 4 to 6 weeks, depending on the amount of expansion needed. The total amount of turns is determined by Dr. Lenhart and Dr. Sherman and is different for every patient. Try to schedule your turns for approximately the same time each day.

During activation, the special blue "key" given to you at your appointment is inserted into the hole of the expansion screw and firmly pushed all the way to the back of the expansion screw.

When completely turned, the next full hole should come into view.

Remember...

- Your teeth and/or sinus area may be uncomfortable for a few days. We recommend acetaminophen (Tylenol) to help with discomfort. It may be helpful to take the recommended dose 30 minutes before your expander is activated (per manufacturers' directions).
- Some patients experience a tingling sensation in the nasal area after activation that may last 5-10 minutes.
- The front teeth may be sensitive upon biting for the first few days. Cut food into small pieces and eat soft foods if needed.
- **Soon you will notice a space developing between the front teeth...this means your expander is working!**
- After you have completed your total amount of turns, one of our doctors will apply a small amount of acrylic to the expansion screw to prevent the screw from "backing up". This means your expansion is complete!
- Your expansion appliance will stay in place during your "holding" period, which normally lasts about 3 months. During this phase, the front teeth may move back together, but not always.
- Please bring your expansion chart to every appointment during the active expansion phase.
- **Always remember to brush after every meal and before bedtime.**
- **Avoid hard and sticky foods.**
- **Call the office immediately if you suspect your appliance or a band is loose. STOP TURNING if you suspect your appliance is loose!**
- **Remember to see your family dentist twice a year for preventative check-ups.**



Key Hole
Expansion
Screw

When your expansion is complete the TOTAL number of turns is: _____