

Rapid Palatal Expander

Today you have been given a Rapid Palatal Expander to help widen your upper jaw. To activate the appliance, insert the key into the front hole. Push towards the back of the mouth until it stops and the next hole is visible in the front. Some pressure or a tight feeling is normal and subsides after a few minutes. Slight tingling of the nose may also be felt and is normal.

Activate your appliance once a day for 14 days, then stop.

Please make an appointment approximately 2 weeks from today to have the appliance checked. If for some reason you cannot make that appointment, do NOT continue activating the appliance beyond the 14 days.

A period of adjustment is normal and to be expected. Initial discomfort can be alleviated with Tylenol, Advil, or whatever you or your child normally take for discomfort. Softer foods and smaller bites will ease the eating adjustment. Speech may also be temporarily affected and will improve with practice. You may notice an excess of saliva, which is the mouth's reaction to a foreign material. This can be relieved by taking small sips of water and will gradually diminish over a few days.

Wax has been provided to smooth the areas of the appliance that may irritate the cheek or tongue. Break off a small piece of wax and place it over the area.

A space may develop between the front teeth. This is normal and will close with further treatment.

If the expander feels "loose" or "bouncy", please call the office immediately and schedule an appointment so we can check the appliance. If you have any questions please call our office or send an email through the website and we will get back to you as soon as we can.