



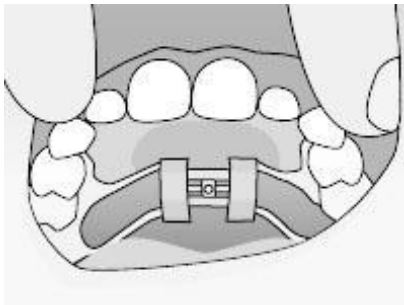
## Congratulations on starting your orthodontics journey!

Your Expander will help make your upper jaw wider and create space for your teeth. Here are a few helpful hints to make the transition smoother as you get to know your new appliance.

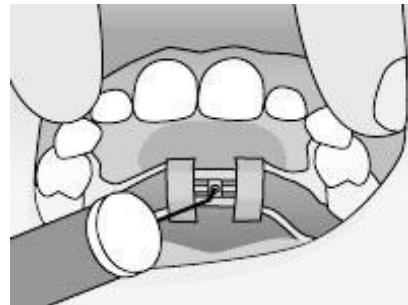
Let's start expanding together!

### How to turn the expander

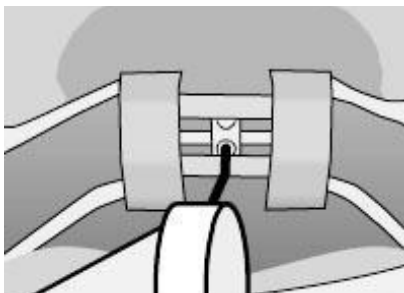
You should lay on a bed or a sofa with your head tilted backwards. Your parent/guardian can use additional light (flashlight, phone light, etc.) to help see the expander and the key hole.



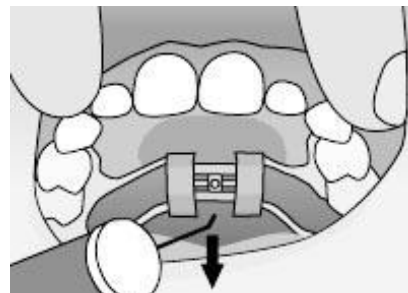
1. Locate the key hole in the middle of the expander.



2. Insert key into key hole until locked in place.



3. Push back the key in the direction of the arrows, towards the throat. Do not rotate the handle.



4. Once the new key hole can be observed, and key cannot turn any more, remove the key by sliding it backwards and downwards.

Let's track your progress together! Add the dates when you turned your expander.

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. ____/____

### What to expect

You will notice several things as the expander does its job.

Speech: Your speech will be affected temporarily. The best way to get used to this is to speak aloud as much as possible; try reading out loud or singing.

Soreness: Your teeth may be sore for the first few days. To help with this you may want to take acetaminophen (Tylenol) according to the package directions. Do not take ibuprofen (Advil) because it will prevent expansion. However, chewing & talking are the best ways to get your mouth used to this new feeling.

Pressure or tingling of the mouth, tongue, cheeks & nose: Your bite will feel off as the width of your palate changes. As the palate expands the teeth will not fit together properly, this is normal.

Space between your front teeth: this is a great sign! However, sometimes spaces do not appear, this does not mean the expansion is not working.

### Potential problems

Please turn appliance as instructed. Do not continue to activate the appliance beyond instructed time. At your next appointment, we will see if your expansion is completed or needs to continue.

The most common problem we see with the expander is an incomplete activation where the key cannot be seated for the next activation. You should see the next hole completely in the expander when the key is removed. Call us if you have this problem and we will get you in to correct it. If one of the arms gets bent or is pinching the gum tissue, please call so we can adjust your expander. If the expander ever feels loose, the bands should be stable and not moving on the teeth, please call to have the appliance re-cemented.



### Questions? Connect With Us

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