



ENGINEERING SPECTACULAR SMILES WITH SUPERIOR SERVICE FOR AMAZING PATIENTS®

PALATAL EXPANDER

The Palatal Expander you received today is an important step in our mutual goal to widen the upper teeth and supporting bone. The information provided here will help educate you about the appliance.

ADJUSTING TO YOUR NEW APPLIANCE

As you adjust to your new appliance expect the following during the first two weeks, all of which are normal occurrences: Increased salivary flow; Impaired speech; discomfort to teeth, gums, and top of tongue; difficulty swallowing; and difficulty brushing/flossing.

Avoid hot foods that may get caught in the appliance and burn the roof of your mouth like pizza!

USING YOUR APPLIANCE

The following guidelines must be followed exactly to maximize effect and minimize problems. A hand-held blue key will be used to activate (turn) the appliance.

You will turn 6 days only, 2 times each day once in the morning and once before bedtime – unless indicated otherwise by Dr. Papandreas. You will begin turns exactly 6 days prior to your next visit.

If you are concerned about the appliance at any time or you lose track of the number of turns, STOP TURNS and call the office as you can turn too far and cause damage to teeth and supporting bone. Activation of the appliance can last from one to three weeks. Dr. Papandreas must monitor progress closely, do not miss your appointments during this activation period.

Always hold the blue key tightly. Do not swallow or inhale the key...be careful! Always complete the turn to ensure the next keyhole appears for easy access on the next turn.

Mild discomfort during the first week of activation is expected. If necessary, over the counter pain medication can be used. If the discomfort is unbearable or persists beyond the first week, STOP TURNS and call the office.

Pressure sensations through the cheeks and nose during the first week of activation may also occur. Small clicks in the roof of the mouth can result during activation.

Spacing between the front teeth may appear but quickly goes away (usually within the first weeks after turns are stopped).

If you are in a stage of Early Intervention, your expander will be in place for the entire treatment. If you are in a stage of Comprehensive Orthodontics (full braces), you expander will be in place for a minimum of 6 months prior to removal.

Please follow all of the above to ensure the best possible result possible! For more information about this treatment and Papandreas Orthodontics please visit our website at www.DrPapandreas.com.