



Palatal Expander Instructions

WHAT TO EXPECT:

- Temporary difficulty swallowing and chewing, temporary lisp or slurred speech, and excess saliva for a few days
 - Once the key is turned: temporary pressure on the front teeth, the molars, the roof of the mouth, and possibly the bridge of the nose – use Advil or Tylenol if necessary
 - A TEMPORARY SPACE BETWEEN THE UPPER FRONT TEETH that may happen slowly or all of the sudden. This space may start to close by itself once the key turning is complete
 - Temporary irritation and imprint on the tongue
 - The bite may start feeling “off” or different
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TO BETTER VISUALIZE THE HOLE WHEN TURNING THE KEY:

- Have your child lie on their back with their head at the edge of the bed or over the arm of a sofa
 - Lifting the chin up while opening the mouth as wide as possible will be helpful and will also help reduce the gag reflex
 - Lighting from a cell phone flashlight or lamp can help
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Inserting and Turning the Key:

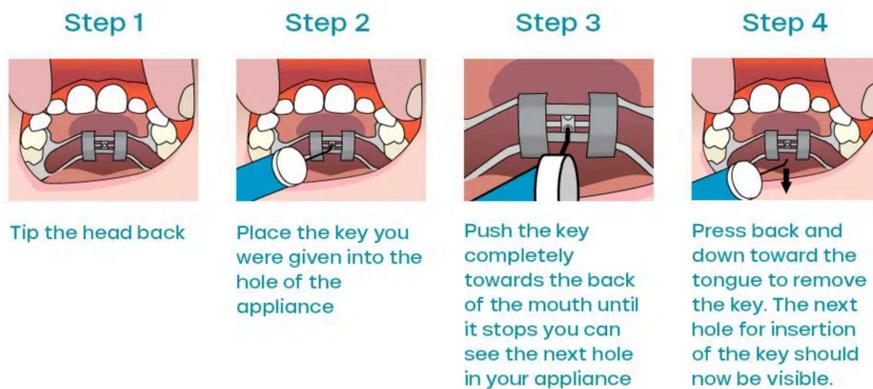
- Insert the key into the center hole until it is firmly in place
- Push the key from the front toward the back of the mouth until it stops. Make sure the next hole is fully visible

Removing the Key:

- Remove the key carefully toward the throat in a down-and-back direction, not forward
- Be careful not to “unturn” the screw back when removing the key
- The next hole for insertion of the key should now be fully visible

Specific Key-Turning Instructions:

- Turn the key once or twice per day as instructed until you are instructed to stop
- The key can be turned at any time during the day, but be consistent. We generally recommend turning at night
- If you are turning twice per day, turn the key once in the morning and once at night, not twice in a row
- If you miss a turn, don't add an additional turn to the next day
- If you miss an appointment, DO NOT continue to turn the key until you visit us



The expander will stay in for up to 9 months.

CARE:

- Brush with any manual, spin, or ultrasonic toothbrush 2–3 times per day carefully around the entire expander, especially where it touches the gums
- Floss as usual and rinse often with warm salt-water to help loosen food debris around the appliance
- If your gums become puffy, rinse with warm salt-water rinses 3–4 times per day
- Avoid hard or sticky foods, like popcorn, caramels, and gum

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