

**Now That Your Expander Has Been Placed**

The expander appliance is designed to **slowly** and **gently** widen your jaws to make room for teeth. In order for it to be effective, someone must adjust the appliance as directed. To adjust the appliance, insert the key into the hole located in the middle of the expander. Push the key in the direction of the arrow (toward the back of the mouth). Keep pushing the key until the next hole becomes completely visible. This completes one full turn of the appliance. If you ever have difficulty adjusting the appliance, please call the office.

The best time to adjust your appliance is the first thing in the morning or right after dinner. In this way, you will have time to get used to the tightness before you begin the activities of the day or before you go to sleep at night. Some tightness or pressure around the roof of the mouth and the nose can be expected but you should not experience any severe pain or looseness of teeth or the appliance. If this happens, stop adjusting the appliance and call the office for an appointment.

For most patients, there is also a 3 to 4 day adjustment period to become comfortable in chewing with and cleaning around the expander. The good news is that once the adjustment period has passed, the appliance is very comfortable to wear. Proper brushing and flossing must be maintained to prevent enamel scarring and gum inflammation.

If sweets are to be eaten, they should be eaten at a regular meal, not as a snack. Foods to be avoided while you are wearing the appliance include: **hard and sticky candy, ice, gum, Doritos or Fritos, pizza crust, raw apples or carrots, popcorn, and sugared carbonated drinks.**

**UPPER:** Turn your upper appliance \_\_\_\_\_ times a day, for \_\_\_\_\_ days  
**LOWER:** Turn your lower appliance \_\_\_\_\_ times a day, for \_\_\_\_\_ days

**Do not forget to put an X on each day you turn your appliance**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							

After 5 to 7 days, you may notice a space developing between your front teeth. This space is **NORMAL** and means the expander is working! If you miss your next appointment, do not turn the expander any more than instructed. Your appliance will need to be left in place for approximately 6 months to get the best results or as recommended by the doctor.