



PALATAL EXPANSION THERAPY

Activation

To activate the appliance, place the key in the hole at the center of the screw mechanism behind the front teeth. Turn the key towards the tongue; continue towards the back of the mouth. Stop turning once the next hole is seen for subsequent activation.

Frequency

The appliance should be activated once at night for _____ weeks.

Home Care

Tooth brushing should proceed as normal. Brush not only the teeth, but also the appliance and tongue. Vigorous rinsing with salt water should be done five times per day and after each meal. Good hygiene is important as food and plaque will tend to accumulate around the appliance. It is recommended that you get a "water-jet" and use it to flush the appliance clean 5 times a day.

Foods to Avoid

Sticky and hard foods will tend to loosen or break the appliance, which will prolong treatment significantly. Foods to be avoided include but are not limited to:

- Caramel
- Chewing gum
- Taffy
- Popcorn
- Peanut Butter
- Hard candies
- Gummy bears
- Whole fruit (can be eaten if cut into pieces)
- Nuts
- Marshmallow
- Ice cubes

What to Expect

A space will begin to form between the front teeth after a few activations. This is a *normal* occurrence and indicates progress in expansion. The space can be expected to diminish after activations have ceased and the appliance is stabilized.

After activation of the appliance, mild discomfort can be expected. This discomfort may radiate to cheek and nose regions. The discomfort can be expected to diminish after fifteen minutes. You may take Advil, Tylenol, or Aspirin to relieve the pain.

Although the occurrence is very rare, if discomfort is excessive or persistent, go back one turn and contact my office. An emergency appointment will be scheduled for you.