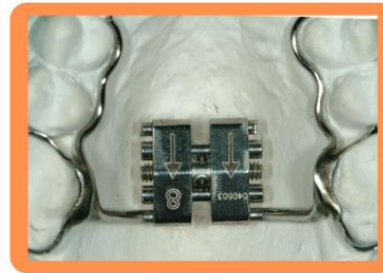
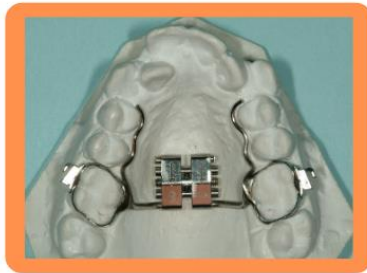


Expander Instructions

Your expander has just been bonded to your upper teeth! This appliance is used to orthopedically widen the upper jaw. This appliance will also allow for the creation of more space for permanent teeth to erupt.

The expander is turned a specific amount of times until you are instructed to stop. To activate the expander, insert the key in the hole that is visible in the jackscrew in a downward and backward direction, until the next hole becomes fully visible. Remove the key. Make sure the key is grasped firmly between the index finger and thumb before turning.



During/after turning your expander, some pressure may be experienced at the bridge of the nose, around the ears and cheeks or between the upper front teeth. This feeling of pressure is to be expected and normal during the use of the expander. The feeling of sharp pain is not usual and should be reported immediately.

After approximately one week, a space *may* open between the two front teeth. This is a **normal** occurrence.

It is important that the space between the roof of the mouth and the expander be kept clean. If food debris is left, it can irritate the roof of the mouth and become uncomfortable.

If the expander ever becomes loose, or if there is persistent pain, please notify the office as soon as possible. During the active phase of treatment with the expander, **it is very important to be seen as instructed**. If for some reason you miss an appointment, turning the expander should be discontinued until Dr. Alvetro sees you.

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	29	30

Turn your expander _____ time a day.

Stop turning when you reach _____ turns.