



W I L L I A M R . H Y M A N , D D S , M S
O R T H O D O N T I S T

Palatal Expander

This appliance (attached with bands) widens the roof of your mouth by gently separating the elastic membrane in the center of your palate. Once the palate has been fully expanded, new bone will fill in.

Why is this sometimes necessary?

- To expand the upper jaw for proper fit with the lower jaw
- To make room for crowded teeth

How long will it take?

- It usually takes 2 to 4 weeks to achieve our expansion.
- The appliance remains in place for 4-8 months to allow new bone to fill in.

Will I feel it moving?

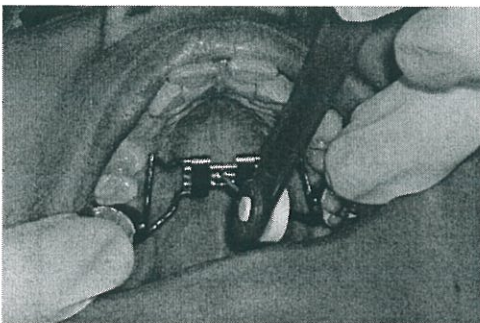
- You will sense some initial pressure, causing a tingling or itch under your appliance.
- A tingling sensation may occur on the bridge of your nose.
- A space may develop between your two front teeth. The space will close once we stop expanding the appliance.
- Speaking will take a day or so to return to normal and eating will also take some getting use to. Swallowing will feel funny for an hour or two.

What should I do during the expansion period?

- Use your toothbrush and toothpaste to keep the expander clean.
- Gargle with Listerine to keep food from getting stuck under the expander.
- Do not chew gum or other sticky gooey food. It will stick to the expander.
- Take Advil for any discomfort.

How is the expander activated?

- You or one of your parents must activate the expander for it to work
- Activate the expander twice a day (once in the morning and once in the evening). Unless we direct you otherwise
- Insert the Key carefully into the hole in the middle front part of the expander
- Push the Key gently and steadily from the front toward the back of your mouth. Do not back up!



Remember-push the key toward the back of the throat. A new hole will automatically rotate into position and will be ready for the next activation.

