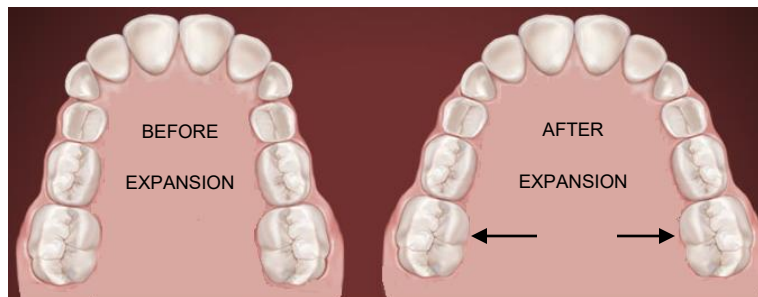


Information About the Removable Expansion Appliance

The Purpose of the Removable Expansion Appliance

A removable expansion appliance is used to slowly increase the width of the upper jaw and palate. It is used to correct crossbites and improve the way the upper and lower teeth and jaws fit together. It also contributes to a broader, more attractive smile. A crossbite is present when the upper teeth are biting inside the lower teeth. Ideally, the lower teeth should fit inside the upper teeth. When patients are still growing, the upper jaw is very responsive to expansion, but if left untreated, a crossbite can lead to permanent changes in bone and facial structure, as well as a poorly functioning bite.

The expansion appliance is activated by turning a screw in the center of the appliance, producing gradual outward pressure which will expand the upper jaw to a desirable width. You will be instructed on how often to activate the appliance. When sufficient width is obtained, activation is discontinued and the appliance is usually worn for a period of time to maintain the new arch width. Your expansion appliance may also have small wires (called springs) which can be used to move your front teeth.



What to Expect

When your appliance is activated, you may feel some pressure in the upper jaw and teeth that will last for several minutes. Your upper teeth may feel tender for a day or two following an adjustment. An over-the-counter pain reliever (eg. Ibuprofen or the medication you normally take for a headache) should help to relieve these symptoms. If significant and/or prolonged discomfort persists, please call our office.

You may notice a temporary increase in saliva during the initial period of adaptation, but this will decrease as you become comfortable with the appliance.

Some patients find it awkward to speak clearly during the first week. If you practice reading out loud for the first few days, the situation will improve greatly.

Please see reverse side for important instructions

Removable Expansion Appliance Instructions

- ➡ You must wear your expansion appliance full time and only remove for mealtime, brushing and rough/contact sports.
- ➡ It is important to keep your scheduled appointments to allow us to monitor the progress of your treatment and to avoid overcorrection.
- ➡ If your appliance is rocking or loose, this may mean it is over expanded. Stop turning the screw and call our office immediately. If possible, continue to wear the appliance as relapse occurs quickly!
- ➡ If your appliance is broken or lost, please call our office immediately so a repair or replacement can be made in a timely manner. Never try to repair the appliance yourself. If possible, continue to wear the appliance as relapse occurs quickly!
- ➡ To activate the expansion appliance, place the key in the activation screw and turn in the direction of the arrow until you can no longer turn. At this point, a new hole will be visible.
- ➡ The activation screw should be turned:
 - ☐ one turn per week (morning is preferable)
 - ☐ two turns per week (eg. Mon/Thu or Tue/Fri)
 - ☐ do not activate at this time
- ➡ If you forget to activate the appliance, do not try to catch up by turning the screw more than indicated. This can result in unnecessary discomfort or a poor fitting appliance. Do not expand the appliance unless it is fitting well. Please follow the suggested schedule to ensure the desired results are achieved.
- ➡ Please treat your appliance carefully; there will be modest fees if it has to be repaired or replaced.



Caring for your Removable Expansion Appliance

Do

- Wear appliance as instructed
- Remove appliance for contact sports (remember to wear your mouthguard!)
- Remove appliance when eating
- Keep appliance in a case when not in mouth
- Brush and rinse appliance after meals
- Call our office if appliance doesn't fit, causes pain, breaks or is lost
- Keep appliance away from pets

Don't

- Wrap appliance in a napkin (it can be mistaken for garbage and thrown out)
- Put appliance in dishwasher, boiling water or on dashboard (it can distort if exposed to high temperatures)
- Place appliance in pocket or backpack (it can break, get damaged, or get lost)
- Swim in lake with appliance (it will sink if it falls out of your mouth)

Please feel free to contact our office if you have any questions.