



## Rules For Expanders

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It is very important to follow all rules for the appliance. The expander will be active for about 2 weeks and will remain in place for about 2-3 months after all activation is complete to allow the bones to develop properly.

The expander needs to be turned a total of \_\_\_\_\_ times, at a rate of \_\_\_\_ turn(s) per day. The total number of turns is most important. Please do not go past this number, since this can cause severe damage. Generally, the best time to activate the expander is early in the morning and right before bed. Keep track of the turns below:

Turn Tally:

                                    

During the first few days there might be some tenderness in the top of the mouth and around the cheekbones. This usually lasts for 1-2 days. Use Advil, Motrin, or Tylenol for any soreness that may develop. Wax can be used to help reduce discomfort that might be experienced from the appliance in the cheeks. Also speech, chewing, and swallowing will be affected for the first few days until the tongue adapts to the appliance.

It is extremely important to keep the appliance very clean. Brush thoroughly around all parts of the expander. It is also a good idea to rinse mouthwash in the roof of the mouth before going to sleep to remove any food that accumulates. A

WaterPik-type oral irrigator is also very helpful in removing debris from the top of the expander.

Once the expander is removed, there may be some inflammation in the roof of the mouth, which will heal within about 2-3 days with excellent brushing. When the expander is removed, either braces or a retainer will be given. It is very important to wear the retainer as instructed, since the expansion is not fully stable for several months.

It is possible for the expander to come loose. This will usually occur on one side. If the expander becomes loose, please call the office as soon as possible, so it can be re-cemented. Also, if you notice that the key is suddenly very difficult to turn, please call the office, as this could indicate that the key is stuck and further turning could cause the expander to come loose.

Dr Hertzberg's emergency pager – (847)206-5863

### **Special rules for bonded expanders:**

These expanders are bonded to the teeth, instead of banded with rings. It is very important to brush around the edges of the expander. Mouthwash is also recommended every night.

Sometimes these can become loose as well. If you notice any loosening of the appliance, or it comes out completely, it is very important to put the expander back in place right away. If it is left out, the expansion will quickly relapse, and a new appliance will need to be made. If expansion is complete, it is not necessary to re-cement the appliance. Dr. Hertzberg will determine if this is the case. If more expansion is needed Dr. Hertzberg will re-cement the appliance.

After removal, there will be inflammation around the edges of the appliance, which will heal within a few days.