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SPECIALIST IN ORTHODONTICS
CHILDREN & ADULTS



MAXILLARY EXPANSION APLIANCE

The appliance given to you will widen (expand) your upper jaw. The key that we gave you fits into the appliance. The key is put into the appliance and pushed backward to turn the expansion screw. Push the key backward as far as it will go, so that the key can be put into the appliance for the next turn. Either you or your parent can turn the expansion screw with the key.

The schedule for turning the appliance with the key is as follows:

ONE TURN DAILY (at night after dinner)

Please follow the suggested schedule. Too many turns will cause discomfort. Too few turns will not product the desired results. We will tell you when to stop turning the appliance. Please keep tract of the number of turns. When the required number of turns have been done we will tie off the screw so that no movement can occur. You will need to keep the appliance in place for approximately 3 –4 months to maintain the expansion.

If you feel dizziness, stop turning the appliance and call the office. Some discomfort is normal and many just feel pressure. Tylenol can be taken to relieve some soreness. Use the same dose as you would for fever control.

A space will open between the upper front teeth as the appliance widens the jaw. Do not get alarmed, this is an expected change. The space will disappear as the front teeth come back together after the desired expansion has occurred.

Please use your toothbrush to clean the teeth and appliance. Make sure you clean where the appliance rests next to the gum tissue. With good oral hygiene, you will protect against cavities and gum swelling. A water pic device is also helpful.

Please obtain Phos-Flur mouthrinse from the pharmacy and us it twice daily. This is an over the counter item. Swish for one minute around the appliance and then spit out. **DO NOT SWALLOW THE RINSE.**

If you have any questions about the appliance, please contact our office.

KEEP THIS SHEET AS A REFERENCE