

RAPID PALATAL EXPANDER (RPE) - INSTRUCTIONS AND CARE

Congratulations, your orthodontic treatment has started! This procedure also allows for the creation of more space for the eruption of the permanent teeth and correction of the bite.

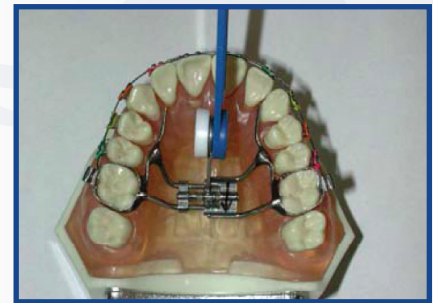
This sheet is provided to give you information on how to activate your expander, what to expect and hygiene instructions. If you have other questions or problems, please call the office.

Your expander will be activated _____ turns a night for _____ weeks.

Activation

I recommend activating the appliance at bedtime so by the next morning, the pressure from the turn is gone. If you forget one night, you can activate it once in the morning and then again that night, but no more than two turns in one day.

- 1) You will be given a key to activate the RPE.
- 2) Place key in anterior hole of appliance, towards front teeth.
- 3) There is an etched arrow in the appliance pointing in the direction the key should be pushed.
- 4) Push key completely towards back of mouth until it stops and the next hole can be seen fully in front of the appliance.
- 5) Remove the key carefully so the new hole for the next activation is completely visible.



Hygiene

Brush the appliance including the metal bars & screw in the same way you brush your teeth. When you are unable to brush after eating, use water swished around in your mouth to help dislodge any food particles.