

Diet

At first, eating will be more difficult; take small bites & eat soft foods until this is overcome (usually a few days to a week). After that, you should be able to eat almost everything you did before with some exceptions (see No-No Food List).

What to expect

You will notice several things as the expander does its job.

Speech

Your speech will be affected. This is not permanent & the best way to get used to this is to speak aloud as much as possible; try reading out loud or singing.

Soreness

Your teeth may be sore for the first few days. To help with this you may want to take what you would normally take for a headache; however, chewing & talking are the best ways to get your mouth used to this new feeling. Do not skip days, because skipping days will only extend the amount of time you experience soreness & may complicate treatment.

Pressure or tingling of the mouth, tongue, cheeks & nose

Your bite will feel off as the width of your palate changes

As the palate expands the teeth will not fit together properly, this is normal.

Space between your front teeth

Although this is a good sign from the standpoint of your treatment, it can be disheartening from a cosmetic point of view. By the time you stop turning the screw, the space may look large enough to fit another tooth. This space should close by itself within a short time.

Potential Trouble and Problems

Please turn appliance as instructed. Do not continue to activate the appliance beyond this time. At your next appointment, you will be told if your expansion is completed or needs to continue.

The most common problem we see with the RPE is an incomplete activation where the key can not be seated for the next activation. You should see the next hole completely in the RPE when the key is removed. Call us if you have this problem and we will get you in to correct it.

If one of the arms gets bent or is pinching the gum tissue, please call so we can adjust your RPE.

If the RPE ever feels loose, the bands should be cemented and not moving on the teeth, please call to have the appliance re-cemented. You should carefully follow the food list and avoid sticky, hard foods. Yes, that means no gum!

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