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**DUAL ARCH EXPANDER INSTRUCTIONS**

**PURPOSE:** The purpose of your expander is to orthopedically (skeletally) widen your upper and lower jaws simultaneously. This is necessary when your mouth is developmentally too narrow to accommodate all of your permanent teeth.

The expander is bonded into place, and you will be instructed to turn the expansion screw one turn every other day. If a turn is missed, you can make up for it the next day and resume your regular schedule.

We will check the progress until enough expansion has occurred. After turning is complete, the appliance does remain in place for a while, functioning as a retainer. The average treatment time for expanders is 6 months.

**HYGIENE:** Brush the appliance as you would brush your own teeth. A WaterPik or other irrigating device is recommended. You will also be asked to use Peroxide and fluoride rinses daily.

**SPEECH:** Speech will be affected by the expander. The easiest way to familiarize yourself with speaking while the expander is in place is to begin by speaking very slowly, and to practice by reading a book aloud. Salivary flow will also increase when the expander is placed. This should subside after the first day or two.

**DIET:** When you first get your appliance, eating may be a little more difficult for the first week or so. After that, you should be able to eat almost everything you did before with a few exceptions:

- Hard foods such as ice cubes, lollipops, frozen candy bars, etc., which will break wings!!!!
- Sticky foods such as chewing gum, taffy, and caramels will loosen bonded appliances. (These are a few examples and is not an all-inclusive list).

If your expander hurts, comes loose, or breaks, call the office immediately. If the expander breaks or comes loose, it is sometimes necessary to remove and re-start treatment.

**RINSES**

**PeroxyI** – PeroxyI is an antiseptic rinse which aids in eliminating the bacteria that wants to grow on the palate under the expander. A capful of peroxyI should be used 3-4 times daily after brushing (i.e. morning, after school, after dinner, and at bedtime). The patient is advised to flush the liquid between the palate and expander to remove any debris and germs that may be trapped in this area.

**Phos-Flur** – Phos Flur aids in the prevention of dental decay during orthodontic treatment. Fill the cap to the 1.0 ml. line and rinse for 1 minute. Use at bedtime only after brushing and rinsing with peroxyI. Food and liquids should be avoided after use.