



John Marshall Grady, D.M.D.
Dan E. Kastner, D.M.D.

Practice Limited to Orthodontics

1000 Brooktree Suite 200 Wexford, Pa 15090
<http://members.aol.com/iamgrady>
(724) 935-9222
Fax (724) 935-9241



RAPID PALATAL EXPANDER INSTRUCTIONS

PURPOSE: The purpose of your new expander is to orthopedically (skeletally) expand the upper jaw quickly. This treatment is recommended when a crossbite and/or underbite are present. It may also be used in conjunction with a face mask (to correct an underbite).

The expander is bonded into place and you will be instructed to turn the expansion screw one turn per day.

A space will appear between the upper two front teeth during activation of the expander, and the upper two front teeth will also feel loose during this time.

We will check the progress every two to three weeks until enough expansion has occurred. After turning is completed, the appliance does remain in place for a while, functioning as a retainer. The average treatment time for the rapid palatal expander 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.
- 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 on the next business day to schedule a check appointment.

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

RINSES

Peroxyl – Peroxyl is an antiseptic rinse which aids in eliminating the bacteria which wants to grow on the palate under the expander. A capful of Peroxyl 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 which may be trapped in this area.

PhosFlur – PhosFlur aids in the prevention of dental decay during orthodontic treatment. Fill the cap to the 10 ml. line and rinse for 1 minute. Use at bedtime only after brushing and rinsing with peroxy. Food and liquids should be avoided after use.