

INSTRUCTIONS FOR PALATAL EXPANDER (RPE)

1. The parent or caregiver will be turning the expander twice daily – once in the morning and once in the evening. You will be given instructions concerning how many days you are to turn the expander.
2. It is normal to experience tooth sensitivity and a dull ache to areas of the face for 3 – 4 days following the initial placement of the expander. After the third or fourth day, this discomfort goes away. Tylenol, Advil, or your normal, mild pain medication should be sufficient.
3. Soft foods are indicated for the first 4 days while the patient is getting used to the appliance and while the teeth are tender. Once the soreness goes away it is important that hard, crunchy foods (ice, hard pretzels, hard candy, etc.) and sticky foods (caramel, taffy, bubble gum, etc.) be avoided. They may damage the appliance.
4. Food will have a tendency to get stuck above the expander. Please be sure to clean this area after eating. The expander can be brushed with a toothbrush, flushed with a *Water-Pic*, or irrigated with the water syringe you were given at the office.
5. If the expander should become loose, please contact our office as soon as possible so that we can remedy the situation. A cemented expander should not move up and down on the teeth.
6. Although the expander will only be turned for about 2 weeks, it will remain in the mouth for approximately one year. This is to allow adequate bone-fill to occur in the roof of the mouth, creating a more stable result.
7. If you have any questions, please ask one of our staff or call our office anytime.