West Cobb
ORTHODONTICS

E-Arch Instructions (Expander)

What is an E-arch:

An **E-arch (or Expander arch)** is an appliance that uses a spring to gently expand and push apart your top jaw. It consists of two bands around your back molars connected to a wire with a small spring.

What does it do?

The E-arch will gently push the right and left sides of your top jaw apart over a period of time. This will expand your top jaw and help us to correct your bite. The expander does usually create a small amount of space (usually 2-3 millimeters) in your top arch. We typically use these on younger patients where more gentle expansion is adequate to get the results we need.

What are the instructions?

The E-arch will feel very strange at first because you now have a wire across the top of your mouth. It will take about **1-2 weeks** for you to get used to it completely, so be patient. The appliance is not removable, and will stay in your mouth for about **6-9 months**.

In the meantime you should start with only eating **soft foods** until you get used to eating with it. Eventually you will be back to your normal diet again, but it is important to start off slowly. Parents please pay close attention to your child when they first are eating with the bite block/turbos to make sure they are able to chew and swallow their food properly.

The appliance does have the potential to break, although it is rare. The appliance could also come loose, with a band not staying secure on your back teeth. To prevent any damage or loosening of the appliance please **avoid sticky, chewy, very crunchy foods** while wearing the appliance. Things like caramel, taffy, jerky, ice, even large gum could result in breakage or loosening.

If you notice a **gap** forming between the two front teeth, that is totally normal and even good! That means that the right and left halves of your jaw are expanding how they are supposed to. It will usually start to close naturally over time once the expander is removed.

The appliance does put pressure on your top jaw, pushing it apart. If you or your child has any discomfort please take some **tylenol or advil** like you would for a headache. The pressure from the expander can go all the way up your nose to your forehead and back to your temples and ears. This is normal and part of the process.

Please **call the office** if you have an emergency or the E-arch is loose or comes out. If you cannot reach the office and cannot wait until the next business day, you may text our appointment line at (229) 264-4919 . Please save any pieces that come out and bring them with you to your appointment.

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