



West Cobb
ORTHODONTICS



Expander Instructions

Please turn the expander _____ time(s) every day for _____ days.

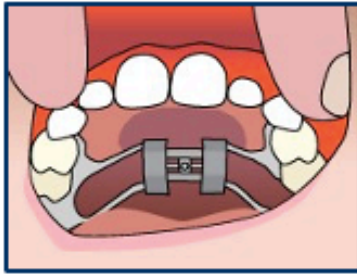
Continue turning until you have reached _____ total turns.

Why are we using an expander:

We are using an expander to widen your upper (or sometimes lower) jaw. Think of your lower teeth being a box, and the top teeth as the lid to that box. The top teeth should be on the outside of your bottom teeth (more towards your cheeks). Sometimes the top teeth are inside of the bottom teeth - this is called cross-bite. We fix cross-bites by using an expander to make the top jaw wider. This helps with proper function of the teeth while chewing and speaking.

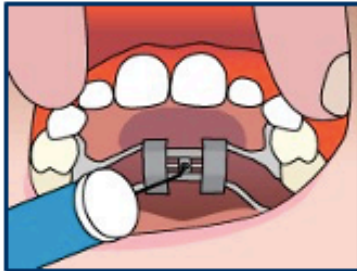
How does the expander work:

1. Often the expander is turned once or twice every day (although this can vary), so please see instructions above for specific recommendations for you.
2. If you forget to do a turn, do NOT do additional turns in the same day to "catch up". Just continue to follow the prescribed schedule.
3. Stop turning the appliance once you have completed the number of turns recommended above or by Dr. Brenna. Do Not keep turning the appliance if you have more days until your next visit with us.
4. You may experience some pressure in your face (nose/forehead/cheeks) that feels like sinus pressure. This is normal and expected, it means the expander is working. Please take Tylenol or Advil for pain as needed like you would for a normal headache.
5. You may start to see space opening between your two front teeth. This is another sign the expander is working and doing what it should be doing. We will of course close the space later in treatment.
6. Make sure to brush all around the appliance and swish with water or mouthwash after meals to dislodge any food stuck around it.
7. Avoid very sticky or hard foods (gum, caramel, candy, ice) which may loosen your expander.
8. If the expander feels loose, please call our office and stop turning the appliance.
9. You will turn the appliance until we have over-corrected your cross-bite, usually only for a month or two, and then the expander will stay in for a few months after that to act as a retainer to hold the teeth in the correct place and allow the bone to remodel.
10. Expanders are most successful in younger, growing patients (before puberty). Expanders can still be beneficial in older patients. However, you will mostly see teeth being pushed out instead of any true skeletal expansion.



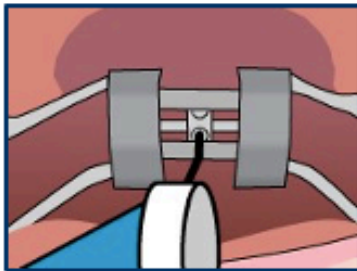
Step 1

In a well-lit area tip the patient's head back and have them tilt their chin up to the ceiling. It's best to do this with the patient lying down.



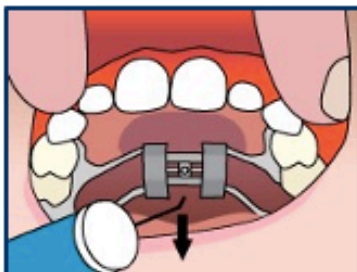
Step 2

Place the key in the hole until it is firmly in place. There is a bend in the key to prevent you from inserting the key too far. So don't worry you won't "poke" the patient!



Step 3

Pushing the key towards the back of the mouth, you will notice the wheel in the expander will rotate and the new hole will appear. The rotation stops when the key meets the back of the expander.



Step 4

By pushing back and down towards the tongue, remove the key. The next hole for insertion of the key should now be visible.

Keep track of your turns on the calendar below!

Month:						
Sun	Mon	Tue	Wed	Thu	Fri	Sat