

Palatal Expander

The goal of palatal expansion is to broaden the upper jaw. This expansion occurs when the growth plate or suture in the middle of the palate is stretched, and the two halves are pushed apart; new bone is added in the center of your palate.

What to Expect: We will provide a small key to turn your expander. Each turn widens the expander slightly, gradually stretching the growth plate in the roof of your mouth. You may feel pressure against your teeth and behind your nose. Some patients may experience a temporary headache. We recommend ibuprofen for any discomfort. After a few days or a week, you should notice a space developing between your front teeth. This is normal and a good sign that your expander is working.

Your Role: Brush your expander when you brush your teeth and swish with water, use a small proxabrush or cordless waterpik to remove food from above the expander. You should also brush your tongue well. Avoid sticky, chewy, or hard foods with your expander and please do not eat popcorn.

Please refer to <https://www.youtube.com/shorts/8orQpcqgSdA> or <http://youtube/ifzSh56yscA> for videos on how to turn and expander.

***Start turning on this date:** _____ ***1 Turn a day for _____ days/weeks.**

***NEVER turn your expander more than one time a day.**

***Please keep your key in case we recommend more turns later.**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								

When to Call: If you notice anything that is different or uncomfortable, please call. If a band becomes loose or comes off the tooth completely, discontinue turns. Place any loose bands or pieces in a baggie and bring it with you to your next appt. Please do not wait to call us so we can keep your treatment time on track.