

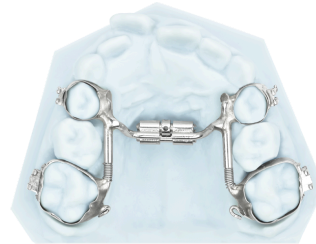


ORTHODONTICS

Palatal Expander (also for DMAX RPE)



RPE with Facemask Hooks



DMAX RPE

Some patients have a very narrow upper jaw accompanied by a high palate. This can cause crowding of the upper teeth, cross bites and restrict breathing through your nose. In these cases, we may choose to widen the upper jaw with a palatal expander.

A pendex is also a palatal expander accompanied by a secondary component to move the molars toward the back of the mouth for a more favorable bite relationship.

How this appliance works

- The expander works by slowly and gently separating the palatal suture. This suture runs down the center of the roof mouth. In young patients this suture is soft and can be stretched to allow for a true skeletal widening.
- The expansion generally takes place over a period of 2-6 weeks, then the appliance is stabilized for 6-9 months. During this period new bone grows to fill into the expanded arch.
- **A space will likely form between the front teeth.** This is a sign that the appliance is working and the space will close again naturally. The expander may cause some initial discomfort and some feeling of pressure and tingling as the arch expands.

Taking care of your appliance

- To activate your appliance you will turn it either once a day or once every other day, this will be confirmed when the appliance is inserted. The frequency may change depending on how the patient responds to the expansion, it is determined at the follow up visits.
- To do this insert the key into the hole in the middle of the appliance. Push the hole towards the back of the mouth (follow the arrows on the appliance). Once the turn feels complete be careful to remove it in the finished position. If you have successfully turned the appliance you will see a new hole in the front of the mechanism.
- Avoid hard, sticky and chewy foods such as gum, hard candy and crunchy chips.
- Avoid Soda as the carbonation will dissolve the glue used to bond your expander to your teeth.
- Brush your entire mouth, your expander should be clear of any food debris. If your expander is cleaned properly it will be shiny. Floss daily.
- A syringe is provided for cleaning the roof of the mouth, please do so every night with a mix of water and Listerine.
- Check each band every night, if a band is loose contact our office promptly for a repair. *Do not activate your appliance.* Do not wait for your next appointment as relapse can occur. More time is required for appliance repair, please call ahead if you are experiencing problems.
- **During your activation period it is essential that the patient be seen every 2-5 weeks as instructed by the doctor to ensure proper management of the appliance. If you can not make your scheduled appointment, cease activation until a new appointment can be acquired.**
- If you have any questions or concerns please contact the office.