

Fixed Expander Instructions

Your expander is designed to help widen your jaw. Try not to be discouraged in the first few days or week—speaking, eating and swallowing will improve very soon as you adapt to the expander.

What to expect:

- Slight pressure on the back teeth and some temporary soreness. Take Tylenol or Advil as needed for discomfort.
- Speaking and swallowing may be difficult, but will improve within a few days. We recommend reading out loud to get use to speaking. We also recommend drinking lots of water to get use to swallowing. Ice cream or smoothies help adjust!
- A temporary increase in saliva. Slurping is to be expected, but will get better.
- Eating will be a challenge until you get use to the expander. We recommend a softer diet the next few days.
- Food will get stuck under the expander. Try swooshing with water to dislodge food and use the aids we will give you to help clean under the expander.
- Food or plaque that remains around the expander can cause the gum tissue to become inflamed and irritated. Prevent this by keeping the expander and the roof of your mouth clean.
- A space will open between the top front teeth. Do not be alarmed. This space will close slightly after you are done turning the expander.

How to take care of your expander:

- Do not eat hard candy or sticky things (such as gum or taffy). These can loosen the expander and cause it to fall out and need to be recemented.
- Keep your expander clean by brushing it with your toothbrush, just as you brush your teeth. Use the proxy brush we give you to clean under the expander. Proxy brushes can also be purchased at the drug store. Use the water pik we give you to flush under the expander every night.
- We recommend you use a nightly fluoride rinse to prevent cavities.

How to turn your expander:

- For best visibility, we recommend laying on a sofa and placing your head over the arm so the chin is tipped up and the head is tipped back. You will need good lighting. Some people find a flash light and reading glasses are needed!
- Insert the key into the hole that is the closest to the front of the mouth. Be sure it is fully engaged before turning.
- Push the key directly back towards the back of the mouth until you feel resistance and see the next hole facing in the forward start position.
- Remove the key by dropping it down toward the tongue to release it. You don't want to reverse the turn you just made.

- If you miss a day, you can make it up by turning the expander twice the following day.
- If you are unable to insert the key for the next turn, check to make sure the previous turn was complete. You may have to angle the key back to complete the previous turn so the next hole is completely visible.
- Please call our office if you have any questions or concerns: 973-701-2200