

Removable Expander Instructions

Your removable expander is designed to help widen your jaw. Your expander must be worn as directed by Dr. Fodero in order for your treatment to be successful. Try not to be discouraged in the first few days or week—speaking will improve very soon and you will adapt to the expander. Failure to wear your expander as directed can cause changes that may require a new appliance be made at an additional cost.

If any problems develop that prevent you from being able to wear your expander, call the office immediately for assistance.

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.
- A temporary increase in saliva.

How to take care of your expander:

- You may remove your expander to eat, but do NOT wrap it in a napkin. Always put your expander in its case to prevent loss or breakage. It is okay to eat with it in your mouth, but be sure to rinse it thoroughly after eating.
- Keep your expander clean by brushing it daily with the same toothbrush and toothpaste you use to brush your teeth. Rinse with cool water.
- To keep your expander extra fresh, you can soak it in denture or retainer cleanser that can be purchased on-line or in a drug store.
- When the expander is not in your mouth, keep it in your retainer case! Do not place it in a pocket or a backpack without it being in a case, otherwise it will get damaged.
- Do not chew gum with the expander in your mouth.
- Keep your expander away from your cat or dog. It makes a great chew toy.
- Do not boil it or place it in the dishwasher to clean it.
- Take it out if you are playing a contact sport or are swimming in a lake or the ocean.
- **Notify the office immediately if you lose it, break it, or it doesn't fit properly. 973-701-2200.**

How to turn your expander: Turn your expander twice a week. Look for the yellow arrow embedding in the acrylic of the expander near the screw. Place the “key” you have been given in the hole that is the furthest from the tip of the arrow. Using the key, push in the direction of

the arrow until the key won't progress further. The hole should now be closest to the tip of the arrow and you should notice that the split in the acrylic has gotten wider.