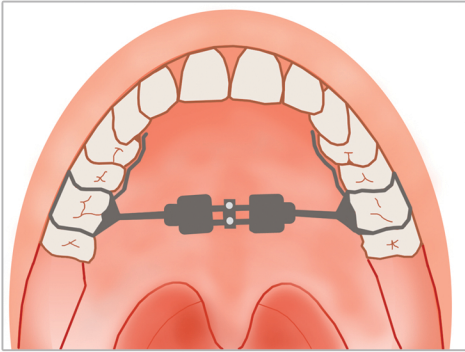


# Palatal Expander Instructions

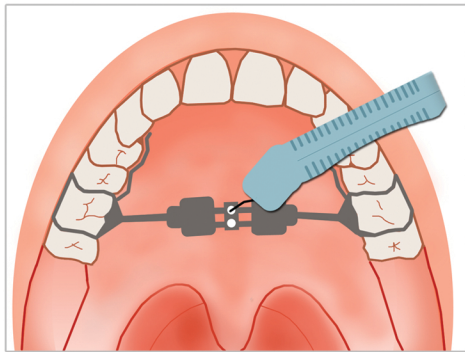
This type of appliance widens the upper jaw (maxilla.) It does so by essentially accentuating or speeding the normal growth process of the upper jaw via gentle tension applied to the suture in the center of the palate. In some cases, it is necessary to expand the upper jaw so that it will fit properly with the lower jaw, and in some cases widening can also create room for crowded teeth. The process usually takes a matter of weeks, however, the appliance will remain in the mouth for several months longer to allow for newly formed bone to stabilize the expanded upper jaw.



**To activate the Expander:**

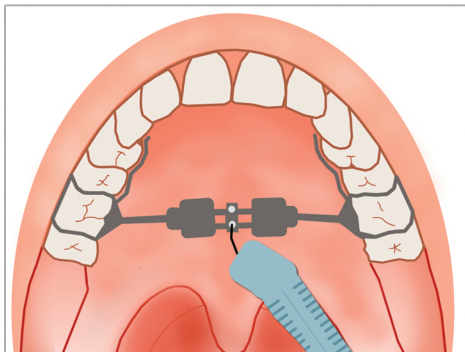
## Step 1

Have the patient lay down in a well lit area, and tilt the patient's head back.



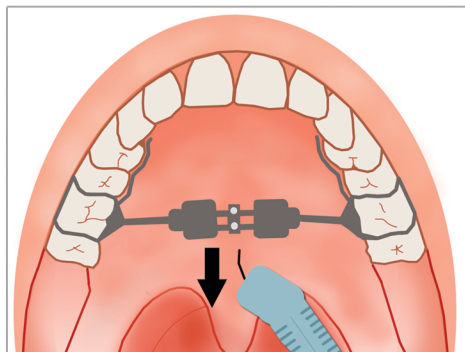
## Step 2

Insert the key carefully into the front-facing hole in the middle of the appliance



## Step 3

Slowly and steadily rotate the key from front to the back of the mouth until you are able to see the next hole appear. Ensure that you have rotated the key all the way until it stops.



## Step 4

Do not back-rotate to remove the key (this will undo what you have just done!) Rather, remove the key toward the back of the mouth.

***Unless otherwise instructed by Dr. Pellegrini, rotate the expander EVERY OTHER DAY.***

### ***What to Expect:***

- It is common to feel some tightness, pressure or discomfort, sometimes even a tingle or itch under the appliance.
- It is also common to feel a tingling sensation below or on the bridge of your nose
- A temporary space between your two front teeth may appear. This is normal, and a sign that the upper jaw is widening successfully.