

# EXPANDER INFORMATION & INSTRUCTIONAL GUIDE

**Daniels**  
orthodontics

Orthodontic problems can occur that are caused by the lack of bone growth to accommodate the upper teeth. In some cases there is room for the upper teeth but the palate or the roof of the mouth is so narrow that speech is impaired or made difficult. In both cases, a palate-expanding device is the most helpful type of treatment.

The teeth will be a bit uncomfortable for a day or two after each adjustment. About a week after the expander is cemented into place, you may feel a little “itching” in the roof of your mouth and a little sinus pressure. Don’t worry, these are normal responses of the expansion process.

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The maxilla, or upper jaw is joined in the center by a suture or joint, which allows it to be expanded. After upper jaw expansion, the two halves knit back together and a new bone is formed to make the jaw wider. This causes a space to open up between your upper front teeth. This means it's working!

### **Special Appliance Care**

1. Brush at least three (3) times a day and after snacks
2. Use mouthwash and rinse to swish it clean
3. Remember the Do's and Don'ts about food
4. Activate the appliance as instructed by Dr. Daniels. Record the number of turns in the chart below. Should an expander appointment be rescheduled, DO NOT continue turning the key until Dr. may evaluate the progress.

### **TURNS:**

1   2   3   4   5   6   7   8   9   10

11   12   13   14   15   16   17   18   19   20

21   22   23   24   25   26   27   28   29   30

### **Additional Instructions:**

Turn expander 3 times a week (Monday/Wednesday/Friday), for \_\_\_\_\_ weeks, for a total of \_\_\_\_\_ turns. We prefer you turn the expander before bedtime if possible. STOP turning the expander after your last turn until your next visit.