



PALATAL EXPANDER

The palatal expander appliance you received today has several actions that it creates on the bone and the teeth: 1.) it widens the upper dental arch which can help to resolve crossbites, crowding, and narrow upper jaw development, 2.) it redirects the eruption of the primary and permanent teeth into a wider arch form 3.) it can help to correct a misalignment of the back teeth when an overbite is present, and 4.) if a finger or sucking habit is present, it can be designed to act as a reminder appliance to help the patient eliminate the habit.

TURNING THE EXPANDER: To turn this appliance, insert the key into the small hole in the metal rod at the center of the expander, push the key towards the back of the mouth until it stops, and then remove the key. Another hole will now be in place at the front of the expander rod for the next turn.

CARE: Brush your teeth in the usual manner, but concentrate aiming the bristles of the brush where the band and gums meet. Pay attention to the area where the wire touches the tongue side of the upper teeth. The small Proxy Brush we give you is a good way to clean between the wires in the back and the roof of the mouth.

SORENESS: Your back teeth may get sore or tender for the next 24 to 48 hours. We suggest eating soft foods, such as eggs, pasta, yogurt, or ice cream. An over-the-counter pain reliever such as Tylenol often helps relieve the discomfort. If your tongue has a sore spot from the wires, it is very important to place wax over the wire, especially when sleeping. If the cheek has a sore spot from the metal anchor band, place wax over the metal band. Please remember to dry the metal area or wire with tissue before applying the wax in order for the wax to stick better. We will supply you with all the wax you will need. If you ever run out and are unable to get to the office, or if our wax does not stick well to the desired area, drug stores carry moldable silicone ear plugs, which can be used as wax in the mouth. Rinsing out with hot salt water will make the sore spots feel better and will hasten the healing. If a sore spot persists, or if teeth are sore for longer than 3 days, please call the office and let us know.

SPEECH: You might speak with a slight lisp for the first day because the tongue tries to avoid touching the new wires. Try reading aloud at home the first night to practice new tongue positions. It is rare for the lisp to persist after this adjustment period.

Dr. Jasmine Gorton | Dr. Diana Schron | Board Certified Orthodontists



MARIN ORTHO

Beautiful Smiles Naturally

FINGERS AND TONGUE: Please do not play with or pull at the appliance with your tongue or fingers. This will bend the wires which can cause the teeth to move in an unwanted direction, cause the wires to poke your gums or your tongue and could loosen the bands that are cemented onto your back teeth.

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900 Larkspur Landing Circle, Suite 200, Larkspur, CA 94939 | (415) 459-8006 | www.marinortho.com