

## **Palatal Expansion Appliance**

### **Purpose**

This appliance will widen (expand) your upper jaw to allow you to achieve a better bite. Once the jaw has been widened, new bone grows to fill the space allowing the jaw to maintain its increased width.

### **What To Expect**

- During the first 12 hours, you may have some difficulty swallowing and talking.
- Eat softer foods and practice speaking a lot.
- The first few turns may cause pressure in your upper jaw. This pressure usually lasts less than 5 minutes. If there is any prolonged discomfort, take Tylenol or Advil as needed. Some patients require the liquid form of the analgesic since swallowing may be more difficult when you first place a palatal expander.
- Once a space develops (3-8 turns) there will be less pressure. The space will continue to increase with each turn (this is a good sign) and will close during the 2-4 weeks after you stop turning.
- Brush carefully and thoroughly around the appliance. Swishing and rinsing well with water will also help keep it clean.

### **How To Turn The Key**

1. Have the child lay on a bed, sofa, or chair with a good reading light.
2. Carefully insert the key into the hole
3. Gently but steadily push the key back towards the back of the child's mouth. Do not back up. When it's as far back as possible, the next keyhole will come into view. Remove the key in a straight downward motion. Do not pull the key forward.

### **Schedule For Turning**

\_\_\_\_\_turns for\_\_\_\_\_days, then\_\_\_\_\_ for\_\_\_\_\_days, **then stop!**

This is a total of \_\_\_holes. If you miss a turn it is okay. Please keep track of the total number of turns by crossing off one number with each turn.

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 31 32 33 34 35 36 37 38 39 40

41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60

If you have any discomfort, dizziness or a space does not appear after 8 turns, call the office.