

Palatal Expander

The goal of palatal expansion is to broaden the upper jaw. This expansion occurs when the growth plate or suture in the middle of the palate is stretched and the two halves are pushed apart. As the two halves are pushed apart, new bone is added in the center of your palate.

What to Expect: We will provide a small key to turn your expander. Each turn widens the expander very slightly, gradually stretching the growth plate in the roof of your mouth. You may feel pressure against your teeth and behind your nose. Some patients may experience a temporary headache. We recommend ibuprofen for any discomfort.

After a few days or a week, you should notice a space developing between your front teeth. This is a good sign and means the expander is working.

Your Role: Brush your expander when you brush your teeth. Swish, use a small brush, or a cordless waterpik to remove food from above the expander.

Please refer to <https://youtu.be/ifzSh56yscA> for a video on how to turn the expander.

*Start turning on this date: _____ *1 Turn per day for _____ days/weeks

***Never** turn your expander more than 1 time per day.

Please keep your key in case we recommend more turns.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								

When to Call: If you notice anything feeling different or uncomfortable, please call. If a band becomes loose or comes off the tooth completely, discontinue turns. Place any loose bands or pieces in an envelope and bring with you to your appointment. Please do not wait to call us so we can keep your treatment time on track.