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Instructions for Using Your Expander

You play an important role in the creation of your new smile. Patient cooperation can affect the length of treatment and the quality of the final outcome, so please follow our instructions carefully and contact us if you have any questions or concerns.

Dental hygiene is particularly critical while you are wearing braces—brush your teeth several times a day and see your dentist every six months for a check-up and professional cleaning. Avoid sticky, hard, and chewy foods.

If you have an after-hours emergency, call our office at 978-369-3690 and follow the instructions on our recorded message.

A palate expander helps to widen the upper jaw so that the upper and lower teeth can fit together correctly.

- It may take a few days to get used to the feeling of the expander and to eat and speak comfortably with it. If you need some practice speaking, try reading books aloud.
- When the expansion screw is turned, it is normal to feel some temporary pressure around the teeth, jaw, and nose area.
- Make sure you brush the expander well, reaching around all of the sides and in the back.
- **Please turn the expansion screw:**
 - Once a day
 - Two times a day
 - Once every two days
 - _____
- **Please turn the expansion screw for:**
 - 1 week
 - 2 weeks
 - Until your next appointment
 - _____