



HUB CITY ORTHODONTICS

INSTRUCTIONS FOR AN EXPANDER

1. When should I turn the expander? The parent or guardian will turn the expander twice daily – once in the morning and once in the evening. You will be given instructions concerning how many days you are to turn the expander. If you need to reschedule your next visit, stop turning after the specified number of days until the doctor can evaluate.
2. Should I expect discomfort? It is normal to experience tooth sensitivity, a dull ache to areas of the face, and/or a headache for 3 – 4 days following the initial placement of the expander. After the third or fourth day, this discomfort goes away. Tylenol, Advil, or your normal, mild pain medication should be sufficient.
3. What foods should I eat and avoid? Soft foods are indicated for the first 4 days while getting used to the appliance and while the teeth are tender. Once the soreness goes away, it is important that hard, crunchy foods (ice, hard pretzels, hard candy, etc.) and sticky foods (caramel, taffy, bubble gum, etc.) be avoided. They may damage the appliance.
4. How do I clean around my expander? Food will tend to get stuck above the expander. Please be sure to clean this area after eating. The expander can be brushed with a toothbrush, flushed with a *Water-Pic*, or irrigated with the water syringe you were given at the office.
5. What should I do if the expander comes loose? A cemented expander should not move up and down on the teeth. If the expander should become loose, stop turning, and please contact our office as soon as possible so that we can remedy the situation.
6. How long will I have my expander? Although the expander will only be turned for about 2-3 weeks, it will remain in the mouth for approximately 6-8 months. This is to allow adequate bone-fill to occur in the roof of the mouth, creating a more stable result.

**AS ALWAYS, IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL
OUR OFFICE AT (301) 733-5230.**