

ASSOCIATES IN ORTHODONTICS, P.C.

David J. Angus, D.M.D., M.S.D.
Theodore Librizzi, D.D.S.
Jeff Blasius, D.M.D., M.S.D., M.P.H.

INTRODUCTION TO THE MAXILLARY EXPANSION APPLIANCE (THE EXPANDER)

This is an orthodontic appliance designed to widen the upper jaw.

➤ *Getting accustomed to the appliance:*

Your child may encounter difficulty in swallowing and speaking during the first few days. This will improve quickly with practice.



Food may become lodged between the Expander and the roof of the mouth. When brushing, care must be taken to remove this food. Use of the proxy brush will help in cleaning this area.

The teeth will become tender when chewing for the first few days. This will go away after a day or two. Tylenol or Advil should help relieve the discomfort.

➤ *Turning the appliance:*

The Expander is turned once in the morning and once in the evening.

You should choose a well lit room and have your child tip their head way back to allow you to better visualize the hole. If the child is sitting they may not move as much. Insert the key into the hole and rotate the turnbuckle back as far as you can. When removing the key be careful to slide the key out toward the back of the mouth. This avoids partially turning it back. You should be able to look in and see the next hole ready for your next turn.

➤ *Things to expect:*

The teeth will be tender for the first few days as the child becomes accustomed to the appliance.

Immediately following a turn there may be pressure felt between the front teeth, higher along the roots of the teeth and/or across the bridge of the nose. This may last from a few seconds up to a couple of minutes. This is normal and expected. This discomfort may occur each time the appliance is turned.

As the two halves of the maxilla (upper jaw) separate the two front teeth will also separate. This separation is temporary. When the activations are stopped and the expansion is complete the space will close quite quickly.

This is not a painful appliance. There should be only minimal discomfort once the child is accustomed to it. If your child is experiencing significant discomfort, skip a turn. If this does not eliminate the problem, stop the turning and allow us to check the appliance in the office.