



YOUR PALATAL EXPANDER (R.P.E)

Today we placed your palatal expander, often called an RPE. It is used to increase the width of your upper arch to help fit with your lower arch. The expansion may also aid us in making room for other teeth to erupt.

HOW TO ACTIVATE

You will be given instructions by your doctor and assistant on how to activate your appliance along with how to care for it. You will be turning your appliance ____ times over the next ____ days. The key is inserted into the hole at the front of the mouth and then slowly pushed to the back. As you are turning, you will see the next hole appear. Gently remove the key. This is one "turn". It may seem awkward at first but will be easier with practice.

DISCOMFORT

There may be slight pressure once turned and this will pass quickly. If discomfort occurs, take ibuprofen or acetaminophen as necessary.

EXPECTATIONS

When you activate and start to expand, it is not uncommon to see a space develop between the two upper front teeth. This is normal and the space will close gradually after expansion is stopped.

DIET

You should avoid any foods that are gooey, chewy, sticky or hard to chew. Should you notice that one of the bands is feeling loose, contact our office and do not activate until we see you.

HYGIENE

Should food become caught under on in your appliance, you may find it easier to rinse water around your mouth or use a Waterpik.

HOW LONG WILL I WEAR MY RPE

We prefer our patients to wear the appliance for at least 6 months after expansion is complete to allow things to become stable.