



(678) 417-9848

RAPID PALATAL EXPANDER (R.P.E.) INSTRUCTIONS

An R.P.E. is a non-removable appliance designed to widen or expand a patient's jaw. By widening the jaw, we will be making more room for the remaining permanent teeth and correcting any crossbites that may exist. It is our desire to obtain the best possible result from the orthodontic treatment, and in order to achieve this result, it is essential that a cooperative relationship exist between the orthodontist, the patient, and even the parents. By working together, we can attain the very best smile for each patient.

DIRECTIONS

Have your child open his mouth and, using the key that you were given, turn the screw one (1) time per day. Choose a time that is convenient, but be consistent; turning the screw at night tends to work best. At some point, we may increase the number of turns to two (2) per day (1 in the morning and 1 in the evening). We will let you know when to change the number of turns. Once you have turned the screw the prescribed number of times, you should stop all turns until your next visit. If you miss some turns, **DO NOT** give more than the recommended number of daily turns; just resume the normal procedure again. A space will open between the upper front teeth during the first few weeks as the appliance widens the jaw. Do not get alarmed; this is the expected change. The space will begin to close on its own, and we will close any remaining space with the braces.

DISCOMFORT

It is normal to feel some pressure each time after turning the screw. This pressure, which should go away within an hour, may extend up to the nose or even the cheekbones, and is unique to each person. You may take Tylenol, Advil, Motrin, Aleve etc. 30 minutes prior to turning the screw or as needed to help you feel more comfortable. **DO NOT** take more than the recommended dosages on the bottles. In the unlikely event of extreme discomfort, stop turning the screw and call the office.

CARE

You should avoid sticky or chewy foods that might pull the expander out. You should also brush and floss normally. You can brush the appliance, and should vigorously rinse around the expander to remove food that may get stuck between the appliance and the roof of the mouth. If the appliance becomes loose, call the office immediately and please continue to wear it or we will lose the expansion. Please call if you have any questions or concerns.

TURN YOUR APPLIANCE _____ TIME(S) A DAY FOR _____ DAYS