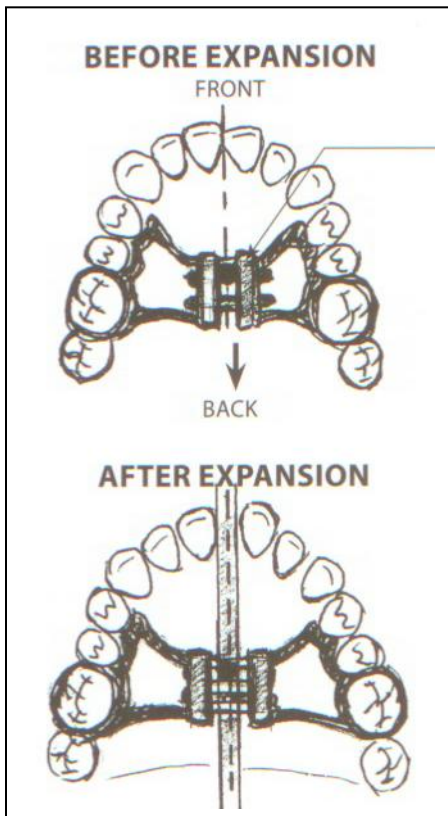


## **RAPID PALATAL EXPANDER (RPE)**

This appliance widens the roof of the mouth by gently separating the suture in the center of the palate. It is sometimes necessary to expand the upper jaw so it will fit properly with the lower jaw or to make room for crowded teeth. The expansion process usually only takes 2 to 4 weeks, however, the appliance remains in the mouth for an additional 6 months while new bone is generated to stabilize the expanded arch.



### **To Activate your Expander**

1. Insert the key carefully into the hole in the middle of the appliance.
2. Slowly and steadily push the key from the front, toward the back of the mouth until you see a new hole appear. **DO NOT BACKUP.** Remove the key toward the back of the mouth.

### **What to Expect**

- You may feel some brief, initial discomfort or pressure, or a tingling or itch under your appliance.
- A tingling sensation may occur on the bridge of your nose.
- A temporary space will appear between your front teeth. This is normal.

### **Most Important**

- You and/or your parent must activate your appliance as instructed by the doctor. Turn only as many times as instructed.
- Take IBUPROPHEN or ACETAMINOPHEN for any discomfort.
- Keep the appliance clean by brushing carefully with a small toothbrush and rinsing vigorously after meals.

PLEASE... Call our office with any questions or concerns.