

Rapid Palatal Expansion (RPE) Instructions

Your "**RAPID PALATAL EXPANSION APPLIANCE**" is bonded to your teeth so that the expansion can be achieved more effectively. The appliance will remain bonded in for approximately 6 months. Since it is not removable, you should be aware of the following:

Appliance and Oral Hygiene

1. Brush all surfaces of the appliance thoroughly after each meal. The most important areas to brush are the ledges on the sides of the appliance and the underside of the lower piece.
2. After brushing, rinse vigorously with **Peroxyli**[®], holding it in your mouth for **two** minutes, and then spitting it into the sink. This should be done after each meal or as soon as you get home from school.
3. Use **Phos-Flur**[®] at bedtime after brushing. Swish **1 tsp. (5 ml)** thoroughly for one minute and then spit it into the sink. **DO NOT RINSE!!**

Diet

1. Avoid **ALL** nuts, popcorn, and seeds while the appliance is bonded in. Also, limit drinking soft drinks, colas, and sports (energy) drinks. These drinks are highly acidic and may loosen the appliance or cause white spots (decalcification) or cavities.
2. Eating will be difficult at first, so stay on a **soft** diet for the first week and be sure to cut your food into small bite-size pieces.
3. Avoid **Hard and Crunchy** foods such as ice and hard candies and **Sticky and Chewy** foods such as taffy, caramel, Tootsie Rolls, Starbursts, fruit chews, fruit roll ups and chewing gum.

Turns

1. Please turn as follows:
2. Be sure to take the key straight out at the back of the appliance after turning. *Do not accidentally bring the key forward at the end of the turn.*
3. Please refer to our website www.spokaneortho.com. Click on the  link and view the video entitled "Turning your Expander"

Other Important Things

1. There will be some discomfort in the face and teeth. You may wish to provide ibuprofen for any discomfort. If the pain from turning continues for more than one week, stop turning and call the office.
2. Difficulty with speech is normal at first. Adaptation to the appliance through reading out loud and talking will improve speech. *Normal speech will occur in about one week.*
3. A space may open between your two front teeth. This is normal, so do not be concerned.
4. **If the appliance ever becomes loose, contact our office and stop all turns.** You can tell the appliance is loose if it is no longer attached to the teeth. It will move up and down off of the teeth. It will feel spongy when biting.
5. There will be excess saliva in your mouth for a few days. Close your lips and swallow the extra saliva. Do not slurp the saliva. The slurping can become a bad habit.

For your convenience, scan the QR code for direct access to our instructional video.



FOLLOW US ON OUR SOCIAL MEDIA

