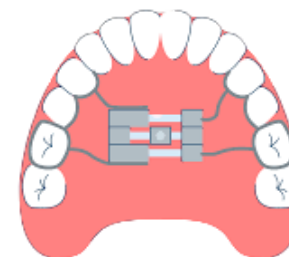




Expander Turn Tracker



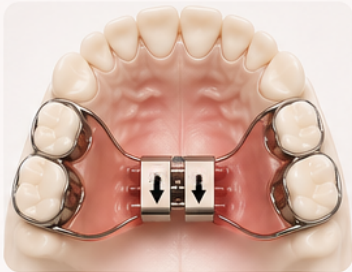
Turning My Expander	Turn 1	Turn 2	Turn 3
Week 1			
Week 2			
Week 3			
Week 4			
Week 5			
Week 6			
Week 7			

Questions or Concerns? Call/Text Us at 281-297-8100

How To Turn the Expander:

A QUICK GUIDE FOR PARENTS

1 CHECK THE EXPANDER



Make sure the expander is clean and the key fits all the way into the hole on the front of the screw.

2 INSERT THE KEY



Place the key straight into the hole on the front of the screw until it stops.

3 TURN THE KEY



Turn the key toward the back of your child's mouth (away from you), until a new key hole is visible.

4 REMOVE THE KEY



Pull the key straight out. Do not wiggle the key side to side.

5 REPEAT AS PRESCRIBED



Turn the expander the number of times per day as instructed by your child's dentist.

6 YOU'RE ALL SET!



Consistency is key! Thank you for helping your child achieve a healthy, beautiful smile.

IMPORTANT REMINDERS



Never force the key. If it doesn't turn, contact our office.



Some pressure or discomfort is normal and should fade within a few minutes.



If something feels loose or broken, please call us right away.

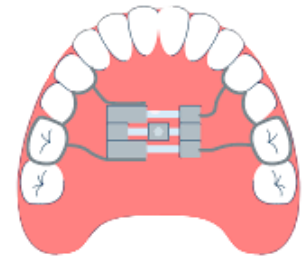


We're here to support you every step of the way. If you have any questions, don't hesitate to reach out!

(281) 297-8100



Expander Turn Tracker



Turning My Expander	Upper Turn 1	Lower Turn 1	Upper Turn 2	Lower Turn 2	Upper Turn 3
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					

Questions or Concerns? Call/Text Us at 281-297-8100