



Palatal Expansion Appliance

Purpose

This appliance will widen (expand) your upper jaw. Once the jaw has been widened, new bone grows to fill the space allowing the jaw to maintain its increased width.

What To Expect

- During the first 12 hours, you may have some difficulty swallowing and talking.
- Eat softer foods and practice speaking.
- The first few turns may cause pressure in your upper jaw. This pressure usually lasts less than 5 minutes. If there is any prolonged discomfort, take Tylenol or Advil as needed.
- Once a space develops (3-8 turns) there will be less pressure. The space will continue to increase with each turn (this is a good sign) and will close after you stop turning.
- Brush carefully and thoroughly around the appliance.

How To Turn The Key

- Lay in a reclined position with good light.
- Carefully insert the key into the hole. Gently but steadily push the key towards the back of the child's mouth. Do not bring the key forward again.
- When it's as far back as possible, the next keyhole will come into view. Remove the key.

Schedule For Turning

If you miss a turn it is okay. Please keep track of the total number of turns by crossing off one number with each turn.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20
21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40