



dobie+rollins
orthodontics

EXPANDER / RPE INSTRUCTIONS

This appliance is usually cemented in the mouth for at least 9 – 12 months. At first it is normal to experience more saliva and some difficulty with speaking. But rest assured, this will soon go away as they get used to it. Reading homework out loud is a great way to speed up this process.

Some steps to help you:

1. We suggest Ibuprofen (advil, motrin) for any discomfort that may occur.
2. Warm salt water rinses daily should keep food from getting caught in the appliance.
3. The appliance needs to be activated either by a parent or by the patient (if able to). This should be done **ONCE A DAY AT MOST** either in the **AM** or **PM** (right before bedtime is ideal). We will give you a key and demonstrate how this is done before you leave.
4. In order to turn the expander, start by inserting the key into the hole in the center of the appliance. You will then push the key towards the back of the mouth until it stops you, and the next hole is visible. This is considered one full turn. You may now gently remove the key being careful not to unwind your turn. **Always double check that you can see the next hole.**

➤ **Key BEFORE 1 turn: Straight Line**



➤ **Key AFTER 1 turn: "V for Victory"**



5. The patient may develop a space between their two front teeth, but **DO NOT WORRY!** We need this space and it will close.
6. After expansion is complete, the appliance must stay in for at least **6 more months**.

IF ANY PROBLEMS OCCUR – PLEASE CALL THE OFFICE
*****NEVER TURN MORE THAN THE DOCTOR PRESCRIBED*****

