

— DR. WAX —
ORTHODONTICS

Expanders

101

Instructions and Caring For Your Expander

- Your results are heavily dependent on compliance and following instructions.
- Avoid playing with the expander with your tongue or fingers. It can cause it to become loose.
- Apply dental wax on any area of the expander that is causing irritation to the cheek or gums.
- Remove the wax prior to brushing your teeth and replace with new wax after brushing if needed.
- Brush all parts of your expander when you brush your teeth.
- Avoid foods that are sticky or chewy like gum, caramels and taffy. Popcorn should be avoided as well.
- Food may get stuck between your expander and the roof of your mouth. If this happens, finish eating your meal, then clean under the expander. Swishing with water or mouthwash helps too.
- Never turn your expander more than once a day. Always stop turning your expander after the prescribed number of turns until your next appointment.

What To Expect

- You may experience a slight lisp initially. Practice talking out loud so that your tongue can get used to the expander.
- You may initially experience increased saliva.
- Your teeth may feel pressure or soreness at times. Your normal pain reliever can be taken as needed for any discomfort if necessary.
- You may notice that your teeth shift during the expansion process, including spaces forming between teeth.

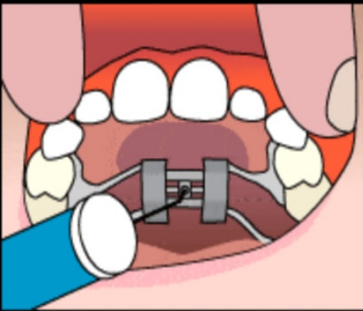
Continued on back...

How To Turn Your Expander



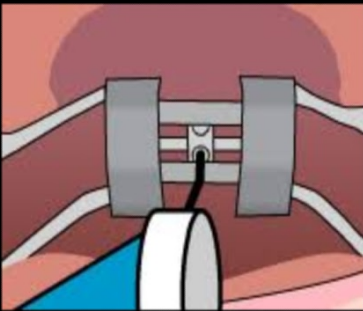
Step 1

In a well lit area, tip head back.



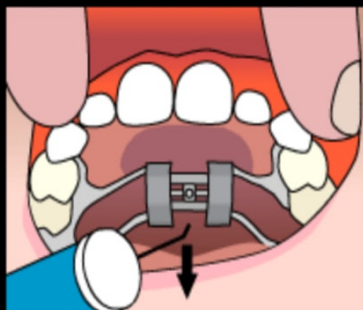
Step 2

Place the key in the hole until it is firmly in place.



Step 3

Push the key towards the back of the mouth until the key will go no further and the next hole appears in the front of your expander.



Step 4

Remove the key by pulling straight down, not forward. The next hole for the insertion of the key should now be visible.

If you accidentally remove the key before the next hole appears, you will have to reinsert the key from the back of your expander and push it further backwards. If you are not able to find the hole, please call our office.

Please maintain your regular dental appointments and cleanings with your dentist during your orthodontic treatment.



Website



Facebook



Instagram