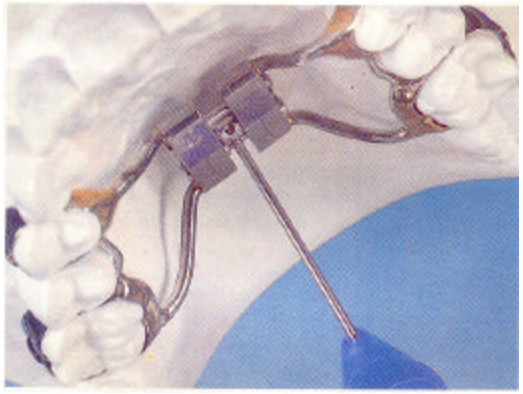
How we Stretch your palate



This picture shows a palatal widening appliance with a key to activate the screw. Once the palate has been expanded, new bone will grow into the space created so that your palate will remain at its new width.

YOUR INSTRUCTIONS:

Every day _____ hole(s) must be activated.

____hole in the morning and _____ hole at night.

The activation will last for _____ days.

DATE	A.M.	P.M.	TOTAL	CUMU-LATIVE

The Palatal Expander

A palatal expander does just that– it widens the roof of your mouth. A few of the reasons for doing this are:

1) to fix a cross-bite so your back teeth bite correctly.
2) To make more room to fit all your crowded teeth.
3) To help move your back teeth forward or backwards more easily.

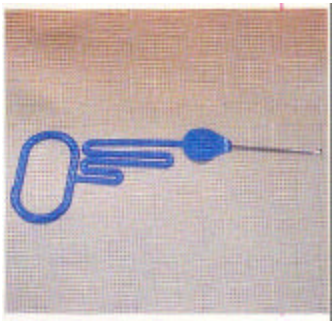
Some expanders have only metal and some have coloured acrylic. Some are fixed to your teeth and some are removable. Some expanders are parts of other appliances such as pendulums and sagittals. One thing which they all have in common is an expander screw which must be activated by you or your parents.

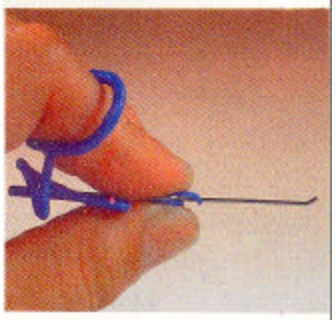
HOW TO ACTIVATE

1. lie on a bed with your head tilted back. Make sure there is good lighting for your parent to see.
2. use the special key to insert into the hole closest to the front of your mouth.
3. gently but steadily push the key from the front towards the back of the mouth. DO NOT BACK UP.
4. if turned correctly the next hole will appear for the next activation.
5. check your prescription so that you turn it the correct number of times each day.

HELPFUL TIPS

- This is usually painless except for a bit of pressure at the sides of the face and under the eyes.
- It is NORMAL for a space to appear between the top front teeth.
- ALWAYS follow your instructions. Please do not activate less or more than instructed to.
- Clean around the metal parts as much as possible. An oral irrigator can be helpful.
- If something is not working properly, please call our office immediately.





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