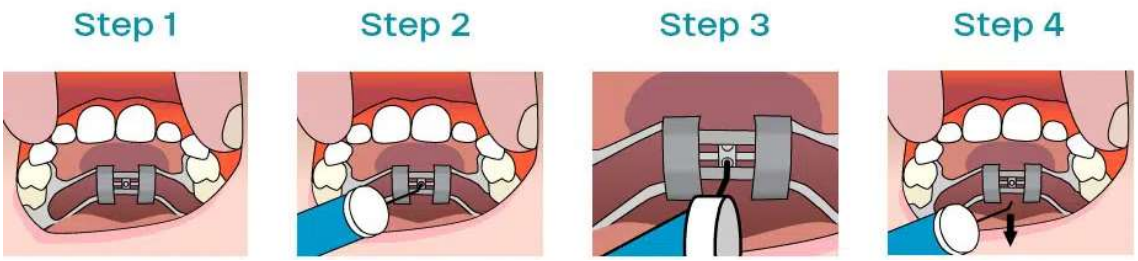
Instructions for maintaining your Expander

Tips for adjusting/activating a palatal expander step by step:

- Tip the head back to get a clear view of the hole in the expander.
- Place the key you were given into the hole of the appliance.
- Push the key completely towards the back of the mouth until it stops, and you can fully see the next hole in your appliance.
- Carefully remove the key by pressing back and down towards the tongue.
- The new hole for the next activation should be visible.



Focus on oral hygiene – It is easy to miss oral hygiene while you are trying to focus on the expander and adjusting to it. A combination of brushing and flossing are vital parts of keeping the teeth and expander clean. If you find that some food debris gets lodged around your expander and can't be removed with brushing and flossing with a water flosser or try rinsing. If you are unable to remove the debris, please contact the surgery for an appointment. **DO NOT** use any implements to remove lodge debris yourself. Food particles stuck between the teeth or the expander not only lead to cavities and dental decay but also affect the treatment time.

There will be **pressure or discomfort** on the teeth or palate in the beginning. This pressure or pain may sometimes extend to the nose or mouth when the expander is activated. Activating the expander before bed might also help with overcoming the discomfort as most it will occur while sleeping. Being ready for discomfort will help to deal with it in a much better way. Over-the-counter pain medications such as Panadol can keep away the pain and discomfort, and cold treats may also assist.