



Eric W. Howard, DMD, PhD
Manish Lamichane, DDS, MMSc
Andrew C. Long, DDS, MSD

Palatal Expansion

You have been fitted with a special appliance to widen your upper jaw. As the appliance is activated each day, the two halves of your upper jaw gradually move apart, much like changes that take place during normal growth. Listed below are some items of information along with instructions that you will need while wearing the appliance.

1. The appliance is cemented to your teeth; you should avoid chewing very hard things such as ice or lollipops, and very sticky things such as gum and caramel which can compromise the appliance.
2. The small key is used to activate the appliance.
3. Activate one movement of screw either 1 or 2 times per day, according to the instructions given to you by your orthodontist.
4. Good lighting and vision are important for ease of activation. If necessary, have the patient lie down with the chin elevated and the mouth open. Use a flashlight for better vision. Insert the key and push backward until the key stops itself or clicks.
5. A space may develop between the two upper front teeth after a few days. This is normal and the space will close over the next few weeks.
6. A cold beverage, smoothie or ice cream immediately after turning the screw, decreases discomfort.
7. Expansion should be completed in three to six weeks. Keep your appointments faithfully as we check your appliance during this expansion period.
8. If there are any problems or complications with the appliance, simply stop turning and call our office for an appointment.