

Palate Expander

The “Key”:

- The best time to push the key is after brushing your expander.
- Insert the key into the hole of the appliance and gently push the key towards the back of the mouth as far as possible. Do not back up. Remove the key by pushing the key out. Each push automatically brings a new keyhole forward.
- If you do not see a new hole when you remove the key, correct this by placing the key inside the previous hole, push all the way towards the back of the mouth.
- Make sure to push the key out. Do not pull the key at the end of a turn. Always push.

What to expect:

- Speech will be temporarily affected, but speaking more will help normalize this.
- A little pressure around the bridge of the nose and towards the cheekbones may be felt with each push.
- A space between your two front teeth should form. Do not be alarmed. This is a sign the appliance is working! This is temporary and will close 1 month after the turns are completed.
- If you experience sharp/shooting pain or discomfort persists for more than 1 hour after using the key, please call the office.

Cleaning:

- We recommend using a WaterPik before brushing to loosen food particles.
- Brush your appliance while brushing your teeth.

KEY



EXPANDER

