



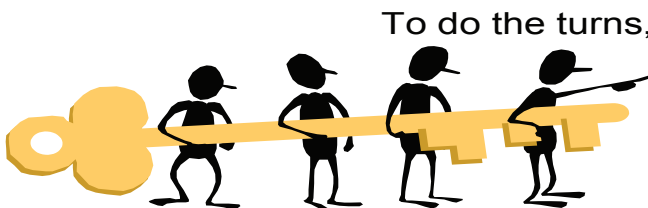
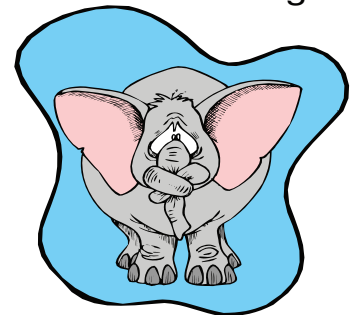
INSTRUCTIONS FOR YOUR EXPANDER

An Expander is used to create more room in your upper arch by widening the palate through a series of turns done at home.

You are going to do **one turn per day**. The turns should be done at approximately the same time everyday so you will remember to do them. It doesn't matter if you choose to do your turns in the morning or at night. Choose a time convenient for your schedule.

It is O.K. if you miss a turn one day, however, you will have to perform two turns the next day – just at different times. For example: if you are doing the turns in the evening and you miss one evening, perform one turn the next morning and another turn in the evening.

It should not hurt as the turns are performed. The only thing you may feel is a little tingle in the bridge of your nose – like right before you sneeze. The best way to do these turns at home is somewhere near a bright lamp so that you can see the hole in the center of the expander.



To do the turns, look for the hole in the center of the expander.

The key provided will need to go in that hole. Once you get the key completely in the hole, you will need to push back towards the tonsil area with the blue end of the key until the entire next hole appears.

You want to be sure that you push all the way until you can't push anymore. This is important because if the turn isn't completed, you will be unable to do your next turn tomorrow.

The Expander is going to be a little challenging in the beginning. It will be difficult to swallow and speak normally. A couple of days of slurping are to be expected and should go away. You may want to eat soft foods while getting used to swallowing with the Expander in.

Be sure to brush thoroughly around the Expander and the roof of your mouth. Water picks work very well to clean around the Expander. You may even want to try using pipe cleaners to clean above and around the Expander.

Don't hesitate to give us a call if you have any problems.

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