



## FIXED EXPANSION APPLIANCE

### PURPOSE

The fixed expansion appliance is used to widen the upper dental arch in order to improve the bite, and/or create more space for crowded teeth.

### WEAR

Since the appliance is cemented to the upper teeth, it is worn 24 hours per day.

### ACTIVATION

The appliance is activated by turning the inner screw with a special key. Upon activation most patients feel pressure in the upper jaw and nose area that will last several minutes; this is normal. Your appliance is to be turned \_\_\_\_\_ per day for \_\_\_\_\_ days. If significant and /or prolonged discomfort occurs after turning, please call.

### EATING

Initially there will be some awkwardness in eating and swallowing: this soon goes away. Your diet will need some slight changes. For the first 3 days stick to liquids and very soft foods such as eggs, yogurt, mashed potatoes, pasta, etc. Chewing small pieces is helpful. After this short period of adaptation most foods can be consumed. However, you should continue to stay away from hard foods (raw carrots, nuts, ice cubes, hard candy...) and sticky foods (gum, caramels, chewy candy.)

### CLEANING

It is very important to keep your appliance clean. Food and tartar can build upon the edges so we recommend a quick rinse or scrub after meals; then at least once a day scrub your fixed expansion appliance thoroughly with your toothbrush and toothpaste. It is very important to scrub the edges of your appliance at the gum line so that redness and soreness do not develop. A water pik can be helpful for cleaning the palate side of the expansion screw.

### SPEECH

Your fixed expansion appliance will usually alter speech for several weeks as you get used to it. We strongly recommend slowly reading out loud for 5 to 10 minutes each night to practice your pronunciation. This speeds up the adaptation process.

### COMFORT

At the sides of the appliance are some metal attachments that may initially irritate the inside of the cheeks. Soft wax will be given to press over this area while your mouth is adapting, this should be placed each night or the first week to cushion these areas. Also quite helpful is the use of warm salt-water rinses twice daily for the first week (1/4 teaspoon of salt in 1/2 cup of warm water).

### OTHER THINGS

You will usually notice a space opening between the upper two front teeth. Don't be alarmed; this is a normal occurrence.





If the appliance becomes loose, do not turn it anymore and call the office for an appointment right away. Keep the appliance seated in the mouth so that the upper jaw doesn't lose its width increase.

After the active phase of expansion, there will be a holding period to allow the change in the upper jaw to stabilize before the appliance is removed. This usually lasts from 4-8- months.

## PARTING WORDS

When patients use this appliance according to our recommendations, we have had excellent success. Our best wishes to you as you begin an exciting journey towards a super smile! Also, remember that we are here for you. If you or a family member have any questions along the way, just ask!

**10320-75<sup>TH</sup> STREET SUITE A KENOSHA, WI 53142 (262) 697-8766**

