



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. A new keyhole should be in position for your next “turn”.
- 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 normalize this.
- A little pressure around the bridge of the nose and towards the cheekbones may be felt with each push.
- A space should form between your two front teeth and widen until the last turn is done. This is a sign that the appliance is working! This is temporary and will close 30 days 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:

- Brush your appliance thoroughly.
- A WaterPik can help loosen food particles, but is not required.

Eating:

- Avoid hard and crunchy foods, which can weaken the glue or damage the bands.
- Sticky foods can pull on the expander or get stuck to the appliance.

