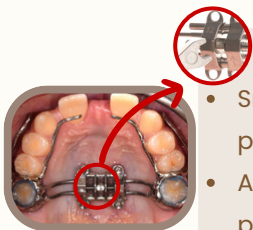


Instructions for Maxillary Skeletal Expander (MSE)



During MSE Placement:

- Sneezing while the MSE is being placed.
- Aching and stiffness where MSE is placed.

After MSE Placement:

- Aching or tightness might occur. The symptoms will subside within 5-10 min.
- If you feel pain, you can take a painkiller.
- After turning the MSE for a while, a popping sound might occur. This is a good sign that the upper jaw is separated.
- A space between the 2 front teeth might occur. It is a good sign that it is working.
- The space will resolve itself.
- Your breathing may improve.



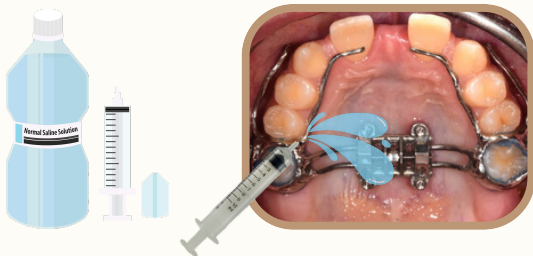
Turns:

- Should be turned by a parent or adult.
- Push the key from the front toward the back, then pull the key straight down.
- **No compensation needed** for missed turns.
- Track on your card, and bring it with the key to every appointment.
- When the space occurs, slow down the turn.



Emergencies: Contact the clinic

Maintenance for your Maxillary Skeletal Expander (MSE)



Cleaning your MSE

- Brush and clean around your MSE.
- Wash your mouth with saline solution twice a day for the first 3 days.
- Use a Waterpik or syringe to clean your palate twice a day.

Foods to avoid

- Avoid hard, sticky, and sugary foods with your MSE.
- **NO BUBBLEGUM!!!**



Emergencies: Contact the clinic