

Wear and Care Instructions for Palate Expander

Wear Instructions

- 1 Follow the orthodontist's instructions on turning the expander (i.e. 1 turn every other day, 2 turns per week)
- 2 Try to turn the expander at the same time each day.
- 3 If you miss a turn, there's **no need to compensate.**
- 4 Take a painkiller for any discomfort.
- 5 Initially, expect some difficulty swallowing and speaking; it will improve over time.

Diet and Cleaning



- 1 Maintain a soft diet for the first few days.
- 2 Avoid sticky and hard foods such as gummies, caramel, chewing gum, toffee, ice, and nuts.
- 3 Cut whole fruits and veggies into bite-size pieces.
- 4 Irrigate metal part with syringe

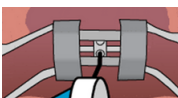
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How to Turn Your Expander

1 Have the patient lie on their back and raise their chin up high. Make sure you can see and have great lighting inside their mouth.

2 Have the patient open his/her mouth as wide as they can to allow a clear view.

3  With the arch facing downwards, place the key in the center hole and turn in the direction indicated on the expander.

4  Ensure the expander is turned fully backward until the next hole shows, or you won't be able to make the next turn.

5  Remove key in downward and backward direction, while avoiding to **“unturn”**.



CAUTIONS:

- Be careful not to **“unturn”** the expander when removing the key. Pulling outward roughly can cause the metal wire to separate from plastic blue stick.
- Make sure **The key is inside the hole all the way**. Otherwise, it can slip and hurt the patient's palate or back of throat.