



## EXPANSION APPLIANCE INSTRUCTIONS

### Rapid Palatal Expanders

1. RPE is usually turned daily, however you may be instructed to turn it more or less often.
2. Be careful to insert the key, as instructed, into the hole facing the front of the mouth.
3. When turning the RPE, be sure to push the key straight back as far as possible. Then, pull the key straight down and out, being careful not to cause the screw to backturn.
4. Sometimes there is a problem with screws which backturn themselves slightly, and you are unable find the hole properly for a new turn. If you find only a partial turn in your appliance when you are scheduled to turn, replace the partial turn first. Then, add a full turn for that day.
5. Your appliance may feel tight after turning it. This is to be expected and will last for only 20 minutes or so. If it does not feel tight after turning, there is a problem. Call the office immediately.

### Functional Appliances

1. Wear your appliance at least 21 hours every day; 18 hours for OCII. You may remove it to eat and brush.
2. Never wrap your appliance in a napkin when you are eating. Most appliances are lost that way.
3. If you are wearing your appliance less than the correct time, it will not fit properly and won't work.
4. When it is time to turn your appliance, choose any time and day(s) of the week you prefer and turn it the same times and days each week. Do not turn it more often, or backward, unless specifically instructed.
5. Sometimes there is a problem with screws which backturn themselves slightly, and you are unable find the hole properly for a new turn. If you find only a partial turn in your appliance when you are scheduled to turn, replace the partial turn first. Then, add a full turn for that day.
6. Your appliance may feel tight after turning it. This is to be expected and will last for only 20 minutes or so. If it does not feel tight after turning, there is a problem. Call the office immediately.
7. It is very important that you do not flip your appliance with your tongue. This will cause serious problems.
8. If you are sick and unable to wear your appliance, call us right away; and we will tell you what to do. If the appliance is out for more than the allowed time (3 to 6) hours, please call immediately.

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