



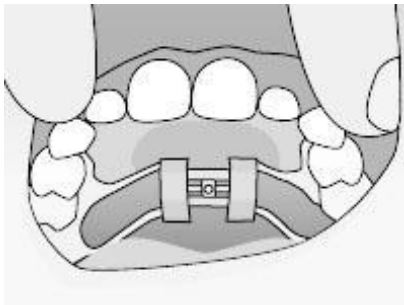
Congratulations on starting your orthodontics journey!

Your Expander will help make your upper jaw wider and create space for all your teeth. Let's start expanding together!

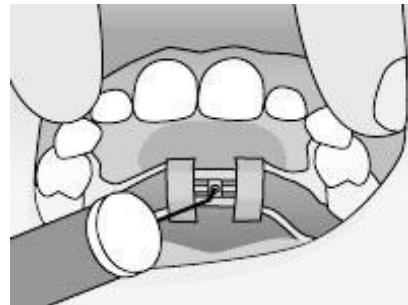
Remember to turn once at night every _____ days, and stop after ____ weeks.

How to turn the expander

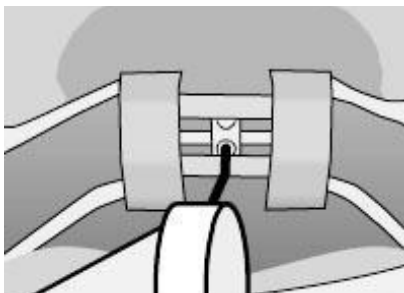
You should lay on a bed or a sofa with your head tilted backwards. Your parent/guardian can use additional light (flashlight, phone light, etc.) to help see the expander and the key hole.



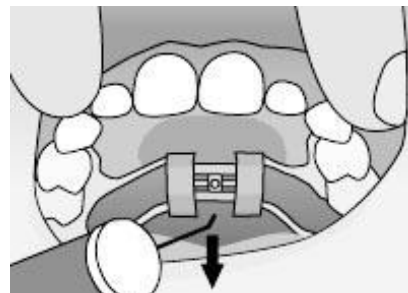
1. Locate the key hole in the middle of the expander.



2. Insert key into key hole until locked in place.



3. Push back the key in the direction of the arrows, towards the throat. Do not rotate the handle.



4. Once the new key hole can be observed, and key cannot turn any more, remove the key by sliding it backwards and downwards.

Let's track your progress together! Please mark the turns in the calendar below and bring it with you to our next appointment.

1. ____/____	2. ____/____	3. ____/____	4. ____/____
5. ____/____	6. ____/____	7. ____/____	8. ____/____
9. ____/____	10. ____/____	11. ____/____	12. ____/____
13. ____/____	14. ____/____	15. ____/____	16. ____/____
17. ____/____	18. ____/____	19. ____/____	20. ____/____
21. ____/____	22. ____/____	23. ____/____	24. ____/____
25. ____/____	26. ____/____	27. ____/____	28. ____/____

Hygiene: Brush the Expander including the metal bars and screw in the same way you brush your teeth. When you are unable to brush after eating, use water swished around in your mouth to help dislodge any food particles.

Diet: At first, eating and swallowing will be more difficult. Take small bites and eat soft foods for a few days, until you get used to your new appliance. After that, you should be able to eat almost everything as you did before.

Speech: Your speech will be affected temporarily. The best way to get used to this is to speak aloud as much as possible, try reading or singing.

Pressure or tingling of the mouse, cheeks or nose: Your bite will feel off as the width of your palate changes. As the palate expands the teeth will not fit together properly, this is normal.

Space between your front teeth: This is a great sign! However, sometimes spaces do not appear, this does not mean the expansion is not working.

Potential problems

Please turn appliance as instructed. Do not continue to activate the appliance beyond recommended turns. At your next appointment, we will see if your expansion is completed or needs to continue. The most common problem we see with the RPE is an incomplete activation, when the key cannot be seated for the next activation. You should see the next hole in the RPE when the key is removed.

Call us if you can not see the next key hole and we will help you correct it.

If one of the arms of your expander gets bent or is pinching the gum, please call so we can adjust your appliance. If the RPE ever feels loose, with the bands moving on the teeth, please call us to have the appliance re-cemented.



Questions? Connect With Us

www.ctor.clinic

info@ctor.clinic

t 551 900 6200

@ctorortho