



## Upper Expander

**Purpose:** The purpose of the expander is to widen the jaw. The expander works by slowly moving apart the two bones that form the palate. Once the jaw has been widened to an ideal width, the expander will remain in place for some time while new bone fills in the gap to stabilize the correction.

**Use and Care:** Typically the upper expander is turned once a day for 14 consecutive days after placement. At subsequent appointments, you will be instructed how many more turns are needed. Make sure to turn the expander a complete turn until the next hole comes into full view (we will show you what this means). To care for the upper expander, brush around your gums next to the metal bands and along the inside of your upper teeth.

**What to expect:** Since the expander is near the roof of your mouth, there will be an adjustment period (2 or 3 days) getting used to talking, eating and swallowing. When the expander is turned, you may feel some tightness in the roof of the mouth for a couple of minutes. You may also eventually see space develop between your two upper front teeth. This is normal and means that the expander is working. We will close the space once the expansion is complete.

**Tips:**

- To adapt more quickly, you may consider reading out loud the first couple of days
- Swallowing will be awkward at first but feel better as you adapt to the expander

**Instructions:** Turn the upper expander once a day for 14 consecutive days

## Lower Expander

**Purpose:** To create space in the lower jaw by moving the teeth

**Use and Care:** The lower expander is removable. It should be worn at all times except when brushing. When it is not in the mouth it should be placed in the retainer case that you were given. It is relatively comfortable and will have little or no effect on speech. Brush the expander with your tooth brush after meals and when you brush your teeth.

**What to expect:** The lower expander will feel a bit snug each time it is turned but that feeling will go away fairly quickly as long as you continue to wear the expander.

**Tips:**

- Do not flip the expander up and down or around in your mouth. The expander is strong but it will break if you do this which will require a repair or replacement charge
- If you feel a sore spot on your gums, continue wearing the expander but stop turning. Make an appointment with our office so that we can adjust the expander to make it comfortable.

**Instructions:** Turn the lower expander twice a week until your next appointment

**For video instruction on expanders please find “Ask Joe” on [nelsonsmiles.com](http://nelsonsmiles.com)**