

ROBISON

ORTHODONTICS

PALATAL EXPANSION

Sometimes a person's upper jaw needs to be enlarged to fix cross bites or extensive crowding. In such cases, Dr. Robison may widen the upper jaw (palate) with a device called a "palatal expander." With little discomfort, if any, this appliance spreads the two halves of the upper jaw apart. New bone then fills in between the two upper halves and the upper jaw remains permanently wider.

There are several designs for these appliances, and most have a center screw that must be activated or turned by the patient or parent. Placing a key into the center of the screw and pushing towards the back of the mouth activates the expander.

You will receive personalized instructions as to the number of turns required. It is important to turn the expander the correct number of times, no more no less. If you have questions regarding the number of turns, please call the office to check.

You will feel slight pressure with the turning (and shortly afterwards). Tylenol, Motrin, or Advil can be taken for discomfort. You may also experience excessive saliva, and some difficulty in talking and swallowing at first. This is normal and should diminish after a few days.

A gap may develop between the upper incisors as the device works. This is only temporary. Brush as normal (3x/day) and rinse frequently with mouth wash or water to loosen food from the expander. The expander will be removed approximately 9 months after initial placement.

The following foods are not allowed while the expander is in the mouth:

CHEWING GUM, NUTS, CHEWING OR SUCKING ON ICE, HARD OR STICKY CANDY. (SEE FOOD LIST OF OTHER NO-NO'S)

MONTH: _____ NUMBER OF TURNS: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY