



FirstBite
DENTAL

309 Keilor Road, North Essendon, Victoria 3041

Maxillary Expansion Instructions

The Rapid Maxillary Expansion functions to expand the width of the upper arch.

In the first few days it is normal to experience some discomfort, paracetamol will help reduce this. Wax can be used to relieve any irritation caused by the appliance. To use wax, pinch off a small amount and roll into a ball, press onto the appliance after it has been dried. Remove the wax for eating, drinking and tooth brushing.

Take Care of your Appliance

As your appliance is cemented to your back teeth care must be taken when eating. It is important to avoid sticky, hard foods such as toffees, minties, roll ups, etc. You should also avoid cold foods such as ice cream, ice poles and ice blocks; the cement used on your appliance becomes loose when exposed to such products.

Hygiene

Clean your appliance and teeth with a toothbrush and toothpaste after eating and drinking. If you are unable to brush, rinse your mouth with water.

Progressive Treatment

In some instances a gap may develop between the top front teeth. Don't be concerned, as the gap will close. We will check your appliance at regular intervals. Your first appointment will be in 4 weeks at which time we will assess the expansion and monitor your cleaning.

Turning the Screw

Either you, your mum or dad, can turn the expansion screw with the wire "Key" we gave you at your appointment.

Put the key into the small hole that is visible in the middle of the expansion screw/appliance. Turn it away from your front teeth towards the back of your mouth. Turn the key as far as it will go until it stops before taking the key out- that way, the next hole will be visible and ready for the next time you have to activate the appliance.

We have attached a chart to this sheet.

Use this chart to keep track of the number of turns for each day and the total turns since we first gave you the appliance. **Please remember to bring this chart with you at every appointment.**

