

# Rapid Palatal Expander (RPE)

## Instructions and Care

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Congratulations, your orthodontic treatment has started! The purpose of this appliance is to create space for the eruption of the permanent teeth and correction of the bite. The following are instructions on using this appliance. If you have other questions or problems, please call the office.

**Your expander will be activated \_\_\_\_\_ turns a night/ day for \_\_\_\_\_ weeks.**

### Activation

- 1) You will be given a key to activate the RPE.
- 2) Place key in anterior hole of appliance, towards front teeth.
- 3) There is an arrow on the appliance pointing in the direction the key should be pushed.
- 4) Push key completely towards back of mouth until it stops and the next hole can be seen fully in front of appliance.



### Hygiene

Brush the appliance including the metal bars & 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

Please eat soft foods during the active phase. Please be careful to avoid all foods on the No No Food list.

### What to expect

You will notice several things as the expander does its job:

Your **Speech** will be affected temporarily

Patient/ Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Soreness**

Your teeth may be sore for the first few days. To help with this you may want to take what you would normally take for a headache; a Popsicle helps as well.

**Pressure or tingling of the mouth, tongue, cheeks & nose**

As the palate expands the teeth will not fit together properly, this is normal.

**You will notice a Space between your front teeth.**

This space will close as the teeth move into place.

**Potential Problems:**

The most common problem we see with the RPE is an incomplete activation where the key cannot be seated for the next activation. You should see the next hole completely in the RPE when the key is removed. Call us if you have this problem and we will get you in to correct it.

If the RPE ever feels loose, please call us asap to schedule for recementation.