



## Expander Instructions

Allow one week for your child to get used to new things in the mouth. After one week, you will begin turning the upper appliance 1x/day and the lower appliance 2x/week. (Wednesday/Saturday for example)

- Lay your child flat on a bed or couch so that you can see better to do the turns.
- We recommend letting your child eat dinner, brush teeth and then do the turns before bedtime.
- Sometimes your child will feel tightness in the cheekbones or teeth, this is normal.
- A gap may appear between the front teeth, this is normal.
- Do not allow your child to remove the lower expander with the tongue, always use fingers. Tongues are strong muscles and will break the expander. This will result in more mushy impressions (which kids hate!) and more money for you (which you hate!).
- Only allow removal of the lower expander to brush teeth. Brush the expander with toothbrush and toothpaste morning and night.
- Stay away from noodles initially; they can get caught around the expander and cause the child to feel gaggy.
- Start with soft foods, the child will adapt to normal eating habits when ready.

You will hear lots of complaints in the beginning! For example: I can't eat, I can't talk, I can't swallow, I can't sleep - These things will change as the child adapts to the appliances. Give it at least a week!

**\*\* Notify the office if anything is loose or broken \*\***