

# RAPID PALATAL EXPANDER (RPE)

Your child has just received a Rapid Palatal Expander (RPE). This appliance is designed to expand your upper arch (and if applicable, "to correct your cross bite") so we'll have the room to later straighten your teeth.

## INSTRUCTIONS:

For your appliance to work, it must be activated specifically according to Dr. Drobocky's instructions. In your case, activate the appliance 1 time a day for \_\_\_\_\_ days.

Begin by inserting the key into the hole, then gently and steadily push the key from the front toward the back of the mouth. You will automatically bring a new key hole into position by pushing the key back until you see the next hole appear. It will then be ready for the next activation. If you miss a turn, do not turn the appliance 2 times the next night. If you have any problems turning your appliance, please feel free to call our office and we will send you a video.

## EXPECTED SENSATIONS

You will feel some pressure as the appliance is activated and possibly a tingling sensation at the bridge of your nose. If your teeth become tender, you can eat softer foods during this time and take Tylenol or whatever you normally take for a headache.

As a result of your activation, expect to see a space between your two front teeth. This is a good sign! The space will close once the expander is no longer activated.

You will notice a change in your speech for a while. Speak slowly and clearly until your tongue adapts to the change.

## Care

Be sure to thoroughly clean your appliance. A Water Pik is very helpful in cleaning in and around your expander.

## Special Reminder

WITH EXCESSIVE BREAKAGE, THERE MAY BE ADDITIONAL CHARGES AND WILL DELAY TREATMENT.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
JAN																																
FEB																																
MAR																																
APR																																
MAY																																
JUNE																																
JULY																																
AUG																																
SEPT																																
OCT																																
NOV																																
DEC																																