

## Rapid Palatal Expander



This fixed appliance is used in orthodontics to create more space in the jaws during growth, to accommodate teeth. It works by separating the two bones of the upper jaws which are connected at the roof of the mouth by a suture. The best time to use this appliance is when you are still growing before the upper jaw bones become connected permanently. The appliance must remain in your mouth for about 2-4 weeks during expansion, and for about 6 months afterwards to stabilize and reduce relapse. *For more information, please visit our website at [www.tri-ortho.com](http://www.tri-ortho.com)*

**Please turn the jack-screw: \_\_\_\_\_ turn(s) , everyday for \_\_\_\_\_ weeks**  
**Please stop turning on: \_\_\_\_\_ / Initial of Parent: \_\_\_\_\_**

**\*If further turning is needed after 4 weeks Dr. Ko or Dr. Yoon will advise you at your child's next visit - otherwise please do NOT turn the RPE past this date.**

Always use the key wrench provided to turn the expander. If you lose your key, please call our office at (925) 272-7868 to request another one.

Always enter the screw hole from the front & turn towards the back of the mouth until you can clearly see the next hole of the screw mechanism.

During active treatment (usually 3-4 weeks), turn the expander appliance in the evenings to avoid excess sensitivity during the day.

If you miss an appointment discontinue turning the appliance on the day of your missed appointment, and call us to schedule a new appt. asap.

Take over the counter pain medication (Tylenol or Ibuprofen) as needed for any discomfort. If excess pain or swelling occurs, don't hesitate to call us.

Please avoid eating hard, sticky and crunchy foods. (Candy, granola bars, hard breads, nuts, etc.)

It is essential to keep the RPE clean. Please brush the RPE gently with a toothbrush twice a day.

*\*In the case of an emergency: please call our office at 925-272-7868, or email [info@tri-ortho.com](mailto:info@tri-ortho.com) and your message will be forwarded directly to Dr. Ko & Dr. Yoon*



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## **Common Concerns**

If you experience any of the below, Do Not Worry as these are common symptoms and will get better in a few days:

Pressure or discomfort on the outside of the teeth and the roof of the mouth are normal. Please take Tylenol or Ibuprofen as needed.

A space (or gap) will open between the two front teeth. Please do not be alarmed, this is normal. It is a good thing because it means there has been enough expansion created.

Talking & swallowing may be difficult initially. Try reading aloud, singing aloud or talking.

You may also notice increased salivation, this is normal and should decrease with time.

Sometimes (rarely) two jack screw appliances are needed in succession for adequate expansion in severe cases.

## **Emergencies**

In very rare cases, if you experience excessive swelling, pain, frequent headaches, or blurry vision please discontinue turning the RPE and contact your doctor.

If your appliance comes loose on both sides, carefully remove it and place it in your case so that it can be re-cemented on your next visit – the appliance may have come loose due to excess manipulation with your tongue/fingers or from a hard/sticky/chewy food or object.

If your appliance comes loose on one side, please call the office for an emergency visit so that it can be removed or re-cemented according to the doctor's instructions.

Please contact the main office directly or email me here for a quick response outside office hours.



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