

# Expanders

Your upper arch is constricted and an arch expander has been recommended for you. Some jaw problems are difficult to fix and can take a considerable amount of time to correct. The good news is that this treatment can be done painlessly and is completed within a couple of weeks!

This appliance will help to correct your bite and help to avoid more extensive and costly treatment in the future - and most of the work is done in just 2 weeks!

## What is an expander?

Your expander works by making your dental arch larger. This will also help to straighten your crowded teeth and create room for the rest of your permanent teeth to erupt without becoming overcrowded. It can also correct the way that your teeth fit together.

## What to expect?

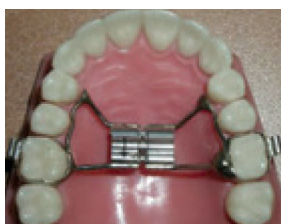
Your expander will consist of two rings that will be fixed to your upper back molars on either side of your mouth. Welded to these bands are strong wires that are attached to a rectangular expansion screw. This rectangular screw is located on the palate and will need to be turned as instructed by Dr. Mark. After two weeks of turning your expander, you should have a space between your two upper front teeth at which time we will place your braces. In order for the expansion to be successful, you will need to keep your expander in your mouth for 6 months following the turns.

## Will it hurt?

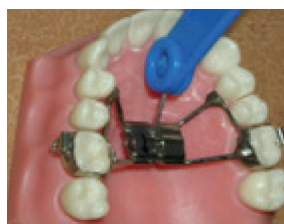
No! You should expect to feel pressure (similar to a sinus cold) following each turn. This pressure will gradually decrease after about 15 minutes.

## What will happen if I don't get one?

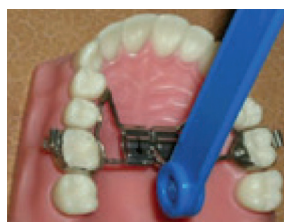
Some jaw problems are difficult to correct and can take a considerable amount of time to correct. Once growth has finished, arch expansion is difficult and may require surgery to correct.



Turn 1



Turn 2



Remember to complete the turn or the next hole will not be accessible.

You are to turn \_\_\_\_\_ a day for \_\_\_\_\_ days to get a total of \_\_\_\_\_ turns.