



An arch expander might be recommended for you if your upper arch is constricted. Some jaw problems are difficult to fix and can take a considerable amount of time to be corrected. The good news is that this treatment can be done painlessly and can be completed within a couple of weeks. This appliance will correct your bite and help avoid more extensive and costly treatment in the future - and most of the work is done in just 2 weeks!

## What is an expander?

An expander is an appliance that makes your dental arch larger, which creates room for the rest of your permanent teeth and allows them to erupt without becoming overcrowded. It also helps straighten crowded teeth which corrects the way that your teeth fit together.

## What should I expect with my expander?

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 your orthodontist. After two weeks of turning your expander, you should have a space between your two upper front teeth at which time your braces will be placed. 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 my expander 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 happens if I don't get an expander?

Arch expansion is difficult once growth has finished, which then may require surgery to correct.

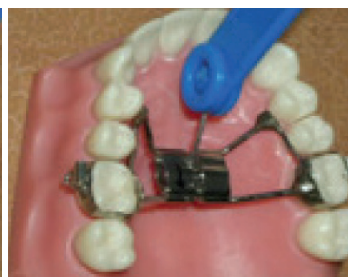
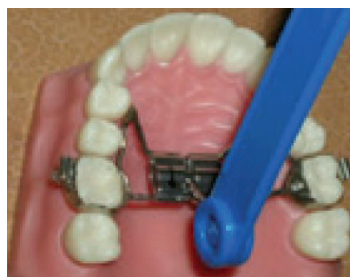
## How often should I turn my expander?

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

You are to turn your expander \_\_\_\_\_ times a day for \_\_\_\_\_ days to ensure a total of \_\_\_\_\_ turns.



Turn 1



Turn 2