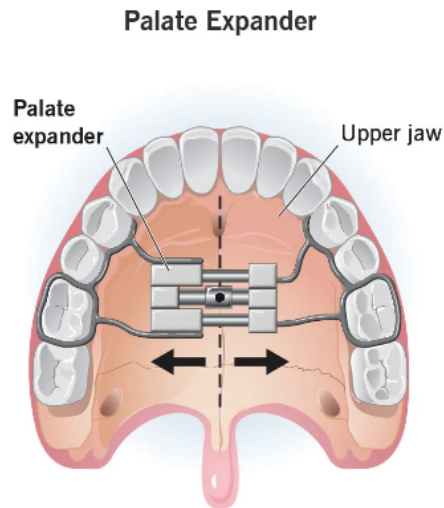


Home instructions for using a Rapid Palatal Expander (RPE)



What It Is: The Rapid Palatal Expander is like a little gadget that goes in your mouth to make your upper jaw wider.

Why Use It: Sometimes your mouth might be too narrow and we need to create more space for your teeth to grow in properly.

Turning the Key: Your dentist will give you a special key. Once a day, a grown-up will need to turn this key a little bit. This slowly widens your upper jaw.

What to Expect: At first, you may feel pressure or a ticklish feeling on the roof of your mouth. This is normal!

Eating and Drinking: Avoid sticky and hard foods. Go for soft foods like yogurt. Drink lots of water.

Cleaning: Brush your teeth normally, but also gently clean the expander with your toothbrush. Rinse your mouth with water or mouthwash.

Talking: You might talk funny for a little while, but don't worry - you'll get used to it!

Tell Your Dentist: If something feels wrong or hurts too much, let your dentist know ASAP.

Patience: It might seem weird at first, but be patient. Your awesome new smile is on its way!