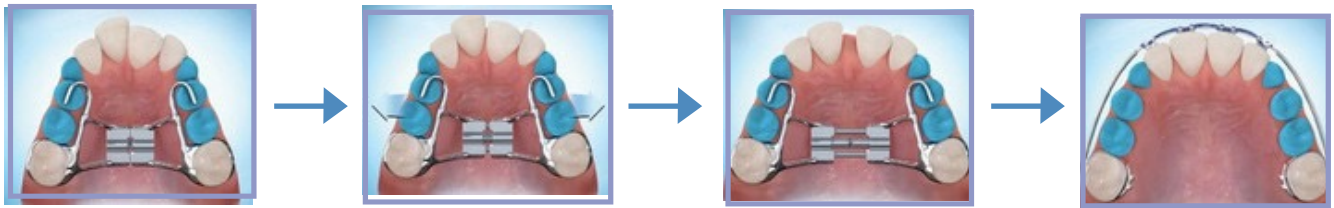


INSTRUCTIONS FOR Rapid Palatal Expander

The Rapid Palatal Expander (RPE) is a specially made appliance used to expand the upper arch (roof of mouth). This expansion allows room for adult teeth to erupt and places the upper and lower jaws into alignment.

The expanding action of the RPE gently orthopedically widens the two bones that form the roof of the mouth. After expansion, the appliance remains in the mouth while new bone is generating in the expanded arch.



You'll also note that widening the palate may temporarily cause a space between the two front teeth. The space may close naturally or we will close it with braces. Pressure applied to the palate may cause a tingling sensation at the bridge of the nose. Usually, any non-prescription pain reliever will relieve the discomfort. If not, please call us to schedule an appointment so we can thoroughly check your appliance.

Once the RPE has been centered in place, we will teach you how to activate the appliance and all activations will be done at home. This is done once or twice a day as prescribed below.

To Activate the Appliance

1

Carefully insert the key into the hole/slot in the middle of the appliance. Gently and steadily push the key from the front towards the back of the mouth.

2

Do not pull back. Remove the key toward the throat. A new keyhole position will automatically be brought forward by pushing the key as far back as possible during each turn.

3

The appliance will be ready for the next activation.

Prescription: Turn _____ times per day for _____ days. Total of _____ turns. (no more)

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 32

If you are unsure or have any questions regarding your appliance, please call us at: **888.55.BRACES**

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