

Your goal is __ turns!

| | | | | | |
|----|----|----|----|----|----|
| 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 |

Remember, you still need to see your local dentist every six months for regular dental care whilst undergoing orthodontic treatment. We need to work together as a team and it is your responsibility to keep your teeth clean to ensure you have a perfect smile when your treatment has ended!

Please tick off each box for each turn you make on your appliance

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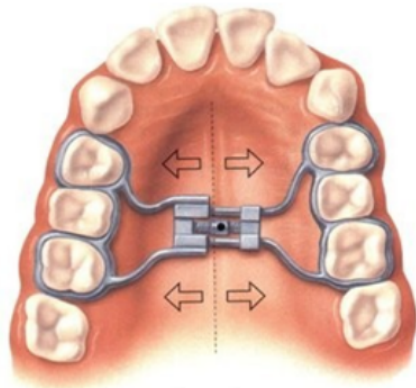


PALATAL EXPANDER: HELPFUL HINTS!

FOOTSCRAY ORTHODONTICS

What is an expander?

An expander appliance or RME is used to widen your upper arch and provides more space for the permanent teeth. It can also help to achieve a better balance between the upper and lower jaws.



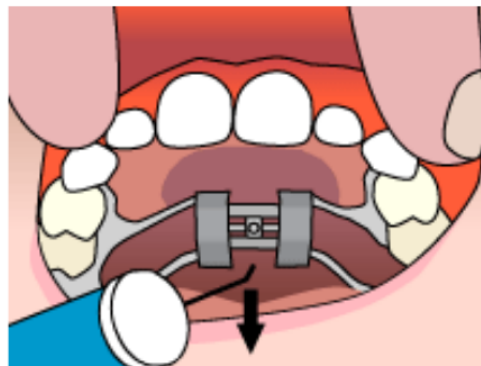
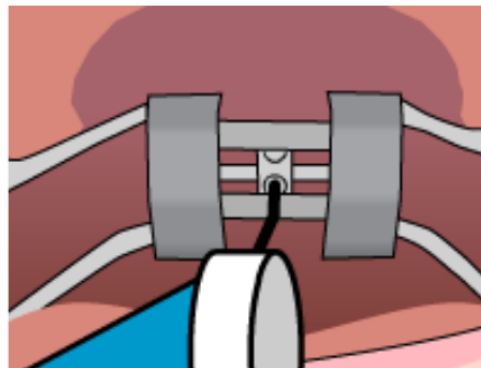
Example of an expander

The expander is a fixed appliance which needs to be activated daily. Our team will instruct you on this procedure.

This appliance is cemented into place. If, at any stage it becomes loose or feels different in any way, please call immediately to book an appointment.

How to activate the expander

You will require the use of a 'key' which is inserted into the hole that is situated on the middle bar of the appliance. Gently push the key towards the back of the mouth until you see a new hole appear. This is called a 'turn' and by doing this, you gradually widen the upper arch.



Important reminders

If you have missed or forgotten to turn the expander, do NOT double up the next day. Only one turn per day is recommended.

Please remember that you still need to thoroughly clean your teeth and appliance. A small headed toothbrush is helpful in cleaning around the expander.

It is absolutely imperative that you do not eat any sticky, chewy or hard foods and keep away from fizzy drinks as they are high in sugar, which is detrimental to your teeth.