



An expander is a functional appliance used to widen the upper dental arch by stimulating growth of the midpalatal suture. It is attached to the teeth via solder joints to bands, along with attachments to an expansion screw inserted in the middle to facilitate opening of the appliance. The screw is opened, as instructed by Dr. Ross, until the palate has been widened to an adequate amount. The appliance is then worn, without activation, for a period of several months as to retain the new width.

#### **Wearing the appliance:**

- Speech is different for the first couple of days with this appliance. The mouth and tongue, however, will accommodate to this new environment. Practice talking and reading out loud as much as possible to make this adaptation occur quicker.
- Clean the appliance with toothpaste, toothbrush, proxy brush, and cool water. Brush at least three times a day, two minutes at a time. Pay special attention to upper bands and the gum line.
- Sometimes a proxy brush or water-pik may be helpful to clean around the expander where food may become trapped.
- Do not eat anything sticky, chewy, or hard.
- Eating may be a challenge at first. Try soft foods for a few days and remember to take small bites to make it easier for you to chew. Drinking water with food helps with swallowing.
- You may notice a gap appearing in between your front teeth. This is only temporary and will return to normal when turning stops.
- There may be pressure on the top of your mouth and under your nose. This is normal and should go away within an hour after a turn is made.
- You may take Ibuprofen or Tylenol for any discomfort.

#### **To activate the appliance: (see attached sheet)**

- Insert the key into the expansion screw; turn in the direction of the back of the mouth until the next hole for activation is seen.
- Turn as Dr. Ross has instructed (i.e. Turn once on odd days, and twice on even days) or (1 turn per day).
- The appliance will exert some pressure. This is normal and will go away in a few hours.

# :DAVID ROSS<sup>®</sup>

## ORTHODONTICS

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If your appliance becomes loose, or if you have any questions, please call (717) 637-4131.