



The removable expander is an appliance used to expand the dental arch by stimulating bone growth and pushing against teeth. It is an acrylic appliance with an expansion screw inserted in the middle to facilitate opening of the appliance. The screw is turned to open the appliance, until Dr. Ross instructs you to stop. The appliance is then worn, without activation, for a period of roughly six months as a retainer to facilitate proper healing and retention of the new bone width and tooth position.

Wearing the appliance:

- Your appliance must be worn for 24 hours per day, except for eating, brushing, or swimming.
- When out of your mouth, your appliance should be stored in the case we provide for you, **not a napkin**. The napkin and appliance may be accidentally thrown away. Additionally, do not place the appliance in your pocket, as you may sit on it and break it.
- Initially, speech is different with this appliance. In addition, there may be excess saliva. The mouth and tongue will quickly 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 a toothbrush, toothpaste, and warm (not hot) water out of the mouth.
- Do not leave your appliance accessible to a dog or cat, they will think your retainer is a play toy and ruin it.

To activate the appliance:

- Remove the appliance from the mouth.
- Insert the key into the expansion screw; turn in the direction of the arrow until next hole for activation is seen.
- The appliance should be turned **2 times a week** (Wednesday and Sundays).
- It is essential to make sure the appliance is seated in the mouth completely after each turn to all the teeth to expand fully.
- Insert appliance immediately. Appliance will exert some pressure; this is normal and will go away in a few hours.

If your appliance is rubbing, not fitting, lost or broken, or if you have any questions, please call us at **(717) 637-4131**.