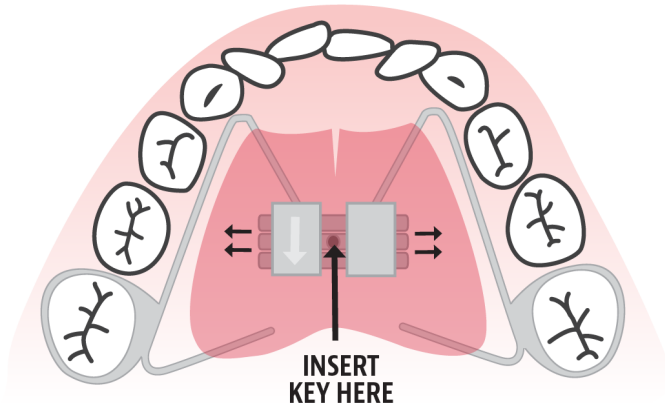


ALL ABOUT MY RPE

(Rapid Palatal Expander)



ACTIVATION

Dr. Goldreich will provide you with explicit instructions regarding the activation of your expander. You must regularly activate the appliance according to his instructions. Do not rush or delay the activation of the appliance.

TURN UPPER: _____

WHAT IS IT?

The Rapid Palatal Expander (RPE) is a device used to painlessly widen the upper arch or roof of the mouth. Your RPE is cemented in place and the screw must be turned by your parent.

HOW IT WORKS

TO TURN THE SCREW: Insert the key into the keyhole (see illustration) and then push all the way to the back toward the throat. You will feel resistance when the key cannot be turned anymore. This turning action will bring the next hole into view.

TO REMOVE THE KEY: Push down and back until the key falls out. Take care not to un-turn the screw while removing the key.

WHY SHOULD I WEAR IT?

- There isn't enough bone growth to accommodate your upper teeth.
- The palate (roof of the mouth) is so narrow that speech is impaired.
- The palate is so high it actually cuts down on the amount of air that can pass through the nose. As a result, deep breathing is possible only through an open mouth (known as mouth breathing).

Widening the mouth's palate allows your upper and lower teeth to line up properly, giving you a better bite. It also widens your air passages, enabling you to breath more easily through the nose.

WHAT TO EXPECT

The expanding action of your RPE gently separates the suture in the center of the palate. Once the palate has been expanded fully, new bone tissue fills in that space. Sometimes widening the arches can temporarily cause a space between your two front teeth. Do not be alarmed. The space closes naturally.

Although your expanders may cause some initial discomfort, such as a feeling of pressure or tingling under the appliance or at the bridge of the nose, these symptoms are only temporary. An over-the-counter pain reliever and rinsing with warm salt water will effectively relieve your discomfort. You should not feel a lot of pain when the expander is turned. If you do, call our office so that we can check your appliance.

CARING FOR YOUR RPE

Brush as usual. Use a Waterpik® to flush out food particles between the plastic (or metal) and the roof of your mouth. Use your favorite mouth wash to swish it clean.

Review the Forbidden Foods list and remember: **NO GUM CHEWING!**



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