

EXPANDER INSTRUCTIONS

What's an Expander?

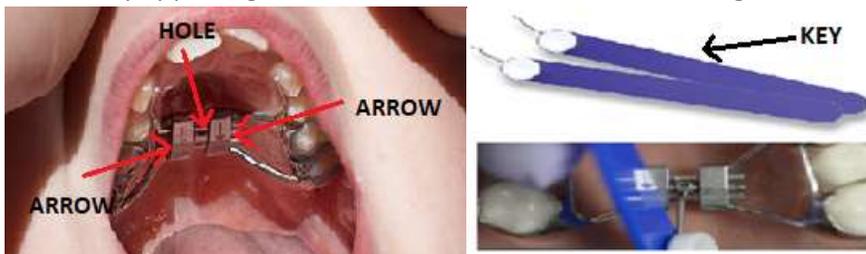
- An Expander is an orthodontic appliance used to widen your upper jaw when it is narrow.
- It will be fixed in the mouth for about 9-10 months. During the first 3-4 months, you will be adjusting the Expander and the last 6 months it will be left alone to allow the bone to heal.

What to Expect:

- Most people adjust quite well after the first week. Remember, things do get better if you give yourself time to get used to it
- After turning you will feel either a tight or pushing sensation, which will subside in a few minutes
- Speech will be altered, so reading or speaking out loud for 5-10 min a day will help get your speech back to normal
- Eating will be difficult for the first few days. It is a good idea to cut all foods into small pieces and avoid eating chewy and hard foods

Turning Expander:

- To create expansion, you will be required to use the key provided by the office (Please keep in a clean safe place)
- When turning, it is easier lying down on your back on a flat surface, in a well-lit area.
- Turning is best done before bed so that you get used to the expansion overnight
- Located in the centre of the Expander there is a little keyhole, with arrows either side. These arrows show the direction the key needs to be pushed (Towards the throat). Make sure you do a full turn, otherwise you will lose the hole. Remove key once you can't push any further and you see a new hole at the top.
- Remove key by pushing downwards and backwards to avoid undoing the turn



Instructions:

- Turn Expander to doctor recommendation. The amount of turns will be determined by the doctor.
- Avoid hard, chewy, and sticky food
- It is important that you brush your teeth well at all times during orthodontic treatment. We recommend that you brush 3 times a day for 3 minutes. Brush gently on ALL surfaces of expander and use a water syringe to remove any food debris that gets trapped at the top of Expander.
- Do not play with appliance with your tongue as this can dislodge or break appliance

Emergency:

- For all orthodontic emergencies, we encourage you to use our "Online Check-in" system. This can be located on our website - <https://www.auraortho.com/online-check-in/>