



### REMOVABLE EXPANDER INSTRUCTIONS

1. Expanders work gently to widen the upper or lower jaws to help correct crowding and crossbites (when the upper jaw is too narrow). This will help the upper and lower teeth fit together properly
2. The expander needs to be widened manually. To expand the appliance use the key given to you, insert it in the hole in the center of the appliance and pull it from front to back (follow the arrow next to the holes). You will be instructed on how to turn the key. If at any point you have difficulty please contact us.
3. This appliance must be worn 24 hours a day.
4. Keeping the appliance in the mouth or in the case will avoid loss or breakage. If the appliance is lost or broken a fee will be charged to replace or repair the appliance.
5. Do not eat with the appliance in the mouth. Please take out the appliance and put it in the case provided prior to eating.
6. NEVER WRAP THE APPLIANCE IN A NAPKIN OR TISSUE, THIS IS A VERY COMMON WAY APPLIANCES ARE LOST!
7. Do not place the appliance in your pocket you may sit on it and break it.
8. Keep the appliance out of the reach of pets, they are attracted to removable appliances and they may chew on them, which may damage the appliance.
9. If you lose or break your appliance please call the office as soon as possible to replace or repair the appliance. This will ensure that treatment is not delayed.
10. You should clean the appliance with toothpaste and a toothbrush after each time you eat. Soaking the appliance in denture cleaner once or twice a week is recommended. Never place the appliance in hot water, boil or place it in the dishwasher. This can distort or warp the appliance.