

Mandibular expansion



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What is mandibular expansion?

A fixed appliance for an approximate duration of 7 months.
The SLOW mandibular expansion's purpose is:

1. To encourage the development of the lower jaw in order to .
2. Ajuster les dents postérieures en largeur afin d'harmoniser la forme des arcades



Bands

Accessory arms

Expansion screw

Expansion screw hole

The expansion screw is located behind the lower teeth and must be activated to

our specifications.

How does the appliance work?

1. The key must be inserted in the expansion screw hole.
2. Turn the key towards the back of the mouth.

When to activate the appliance?

Activate the appliance at approximately the same time during the day. We suggest after dinner or before going to bed. Unlike the appliance above, there is no apparent space between the front teeth.

Adapting

The appliance often causes an excess of saliva. You have to practice swallowing with your lips closed and without making noises with your mouth.

Pain

As the appliance is activated, the back teeth might be sensitive. If the pain is too strong, it is possible to go back and undo the tightening that was just done (not very frequent). You will feel some discomfort (it varies from one individual to another) for a few hours. If, however, the discomfort persists, don't hesitate to contact us.

During the first weeks, the bands may cause some irritation inside the cheeks. Use of the wax will provide some relief. Press a small piece of wax where the irritation occurs. The wax is harmless if swallowed.

Accessory arms

They are mobile extensions or stems located right behind the bottom teeth. They act as a guide for the anterior teeth. They are the most fragile part of the appliance.

These mobile extensions can shift during treatment. They move up, or down, or change shape. Sometimes an extension, or both, can break. This doesn't affect the treatment since the main goal is to develop the jaw. If the new position of the extensions is comfortable, they are left as is until the next appointment. However, if the new position is the source of discomfort or pain, contact us for an adjustment appointment.

Measures to be taken :

1. Do not touch or manipulate the accessory arms unnecessarily with your tongue or your fingers.
2. Avoid biting into apples, pears, peaches, raw vegetables with your front teeth. These hard foods should be cut in small pieces and chewed with the back teeth.

How to clean the appliance?

Brush your teeth as usual and also brush the appliance and its surroundings. Brush thoroughly around the bands and under the accessory arms to avoid bleeding, sensitive red gums.

For a smooth treatment:

Avoiding hard and sticky food (nuts, jelly beans, gum, toffee, etc.) will prevent cleaning problems or breakage of the appliance.

Why keep the appliance in the mouth when it is no longer being activated?

Having attained the desired width, it is necessary to maintain the space gained for several months. The non-activated appliance acts as a maintenance appliance. Even during this time, it is important to care for it the same way. A broken or damaged appliance doesn't work properly. Check your appliance regularly and don't hesitate to contact us if you are unsure about its condition.

With all this advice, you now have the key to a successful treatment...

Don't hesitate to contact us if you need further information or for any concerns regarding the treatment.

Prescription

Name : _____

Date : ____ / ____ / 20__

Mandibular Expansion Appliance
(lower jaw appliance)

_____ Do _____ activation(s) per _____ day(s) X _____ days.

IMPORTANT:
Keep doing these activations until the orthodontist asks you to stop.

Use the calendar that we provided :-)