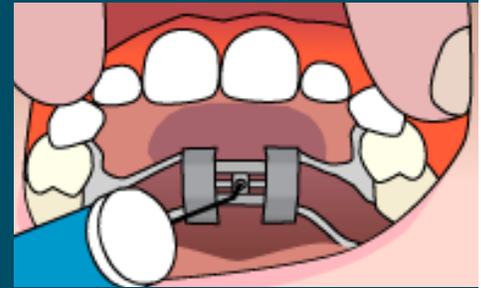


# Palatal expansion

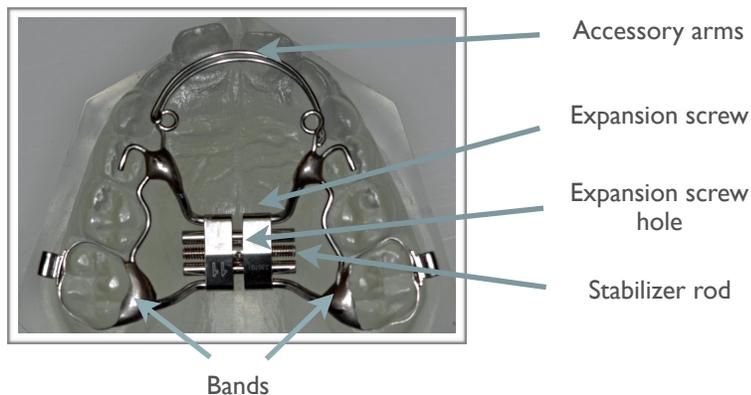


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## What is palatal expansion?

A fixed appliance for an approximate duration of 7 to 12 months. The FAST palatal expansion's purpose is:

1. To expand or widen the upper jaw to create more space in order to facilitate the eruption of permanent teeth.
2. To adjust the width of the posterior teeth to align the lower and upper arch's shape.



The expansion screw is located in the center of the appliance and must be activated according to **our specifications.**

## Instructions

**STEP 1:** In a well lit room, tilt your head backwards as far as possible.

**STEP 2:** Insert the key in the hole located in the center of the appliance.

**STEP 3:** Push the key towards the back of the mouth, until the next hole appears and is 100% visible.

**STEP 4:** Disengage the key by pushing down and backwards.

Note : While you disengage the key, make sure that you don't cancel what you just did. If the expansion screw hole is back in the center of the appliance, you must complete the turn.

## **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.

Note: A space will appear between the front teeth. This space is normal and will close by itself once the activations are finished. Each activation provides a 1/4 mm expansion.

## **Adapting**

It will take a couple of days to become accustomed to speaking with this appliance. The more you talk, the faster you will learn to speak with it. Reading out loud is a helpful way of practicing to speak. 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, it is normal to feel some pressure at the root of the nose and under the eyes. The back and front teeth might be sensitive. If the pain is too severe, it is possible to go back and undo the tightening that was just done (although 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 upper 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 widen the upper 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 successful treatment...

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

## Prescription

Name : \_\_\_\_\_ Date : \_\_\_\_\_  
\_\_\_\_\_ / \_\_\_\_\_ / 20\_\_\_\_

**Palatal Expansion Appliance**  
(Upper jaw appliance)

Do \_\_\_\_\_ activation(s) per \_\_\_\_\_ day(s) X \_\_\_\_\_ days.

Total activations : \_\_\_\_\_

**IMPORTANT:**  
Stop turning the screw when the total number of activations has been reached.

Use the calendar that we provided ;-)