

Palatal Expander

A **Palatal Expander** is an appliance that fits into the roof of the mouth that widens the palate to improve the bite. It is worn about 4-6 months and during the first few weeks the expander will be activated. The expander is left in for several months to hold expansion



It takes a few days to get used to.

Chewing, swallowing and talking may seem awkward. You may experience soreness or a headache. Over the counter pain relievers can help ease pain.

There may be gaps between the teeth. That means the expander is working

It is important to care for and activate expander. Swish water around the mouth after eating or after drinking sugary liquids. When brushing, brush expander also turn your expansion screws as instructed by Dr. Erdell. Insert key into hole and push key toward the back of the throat until it stops. Take out the key toward the back of the mouth without turning back

