

At Home Care Instructions: Expanders



Here are some home care instructions to help make your transition to retainers easier –

Cleaning

- Brush your teeth normally, but don't forget about your molars!
- Take your toothbrush and brush the roof of your mouth. That will help get any debris out of your expander.
- A waterpik is not necessary, but it can help. We recommend seeing how you do with a toothbrush for the first few weeks before thinking about a waterpik.

Eating and Speech

- Eating may be a little different at first. After you finish your meal, go rinse and brush. You don't have to get up after every bite!
- Your speech may be a little slurred at first, and that is totally normal. Read a book, sing a song, do lots of talking - you will get used to it in no time.
- Avoid eating crunchy, sticky candies, popcorn, and ice cubes. As a general rule, if you question it, then avoid it or cut into small, bite-sized pieces.

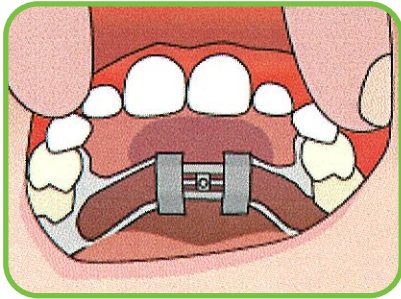
Turning Your Expander

- Place the key in the center of the hole and turn towards the back of the throat.
- You know you made a full turn when you can see the next hole come through.
- Carefully remove the key down toward the tongue, and out. Be careful you don't unturn the expander – again just check that the next hole came through. Then it should be ready for your next turn.
- It is probably easier to make turns at night, since mornings can be pretty hectic.

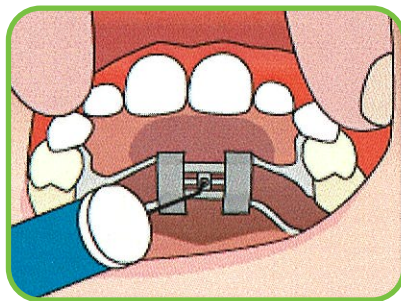
If you have any questions, please contact:

Akron Children's Hospital
James A. Lehman, Jr., MD
Craniofacial Center
330-543-4970

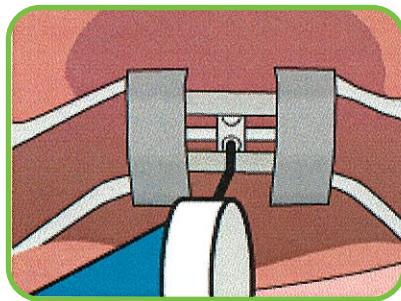
Steps for turning your expander



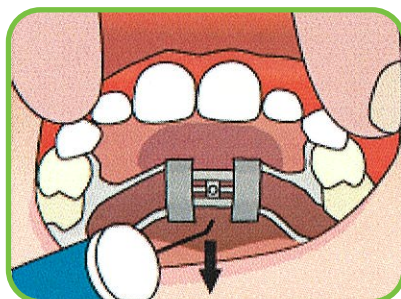
Step 1 In a well-lit area, tip the patient's head back.



Step 2 Place the key in the hole until it is firmly in place.



Step 3 Pushing the key towards the back of the mouth, you will notice the fender will rotate and the new hole will appear. The rotation stops when the key meets the back of the expander.



Step 4 By pushing back and down towards the tongue, remove the key. The next hole for insertion of the key should now be visible.