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PATIENT INSTRUCTIONS FOR PALATAL EXPANDER (RPE)

Your RPE is designed to expand your upper jaw. It works by turning the screw in the middle of the appliance with the key that has been given to you. Insert the key into the hole in the center of the appliance and push toward the back of your throat until the next hole appears. Slowly remove the key from the hole taking care that the screw does not move back forward blocking the hole for further activation.

1. Your RPE needs to be turned twice a day once in the morning and once at night for two weeks in most cases.
2. Pain is rarely experienced, but the feeling of pressure is common when your RPE is turned.
3. A space will develop between the two front teeth, this is normal.
4. With your RPE there may be initial difficulty in speech for the first few days.
5. Once expansion is completed, the RPE will remain in the mouth for approximately three months.
6. Thoroughly brush your teeth and RPE after every meal. A Water Pick is helpful in cleaning the RPE.
7. Stay away from sticky or chewy foods, (i.e. caramels, taffy, and gum).

If you have any questions that need to be answered please feel free to call our office at 272-4242 or you may email Dr. Housley at drhousley@owassoorthodontics.com or Dr. Dobson at drdobson@owassoorthodontics.com

THANK YOU,

DR. HOUSLEY, DR. DOBSON, AND STAFF