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## **PATIENT INSTRUCTIONS FOR REMOVABLE EXPANDER**

Your removable expander is designed to expand your jaw in order to make more room for your teeth. 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 the appliance 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 expander needs to be turned once every other day or as directed by Dr. Housley and Dr. Dobson.
2. Your expander must be worn at least 22 hours a day. The only times you should take it out is when you are eating and brushing your teeth.
3. Pain is rarely experienced, but the feeling of pressure is common when your expander has just been turned.
4. Always take out expander to turn it.
5. With your expander there may be initial difficulty in speech for the first few days while your mouth is getting use to the feel
6. Cleaning expander is performed using your toothbrush.
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](mailto:drhousley@owassoorthodontics.com) or Dr. Dobson at [drdobson@owassoorthodontics.com](mailto:drdobson@owassoorthodontics.com)

THANK YOU,

DR. HOUSLEY, DR. DOBSON, AND STAFF