
Palatal Expansion Instructions

Good cooperation is needed to achieve a good result! The palatal expansion appliance is designed to widen the upper dental arch.

- Adjust the appliance twice per day, unless otherwise instructed. Once in morning and once at night. If you have difficulty adjusting the appliance, discontinue adjustment and call the office to schedule an examination.
- Do not adjust the appliance twice if you miss an adjustment. Return to your normal adjustment schedule.
- Patients will need to be examined at intervals of no longer than 10 days while the appliance is regularly adjusted.
- It will likely take a few days to become accustomed to the appliance.
- Expect space to open between the upper front two teeth. This space will continue to widen until the adjustments cease. After that time the space will progressively close.
- Pressure and minor discomfort can be expected when the appliance is initially adjusted. Later adjustments should not cause discomfort, just pressure.
- If any part of your appliance becomes loose or bent, discontinue adjusting the appliance and call the office to schedule a repair appointment. This is not an emergency, unless the patient is in pain, so your appointment will be scheduled during normal business hours.
- Do not eat or chew: ice, hard candy, bubble gum, sticky or chewy foods.
- If you have any questions, please do not hesitate to contact the office.

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