

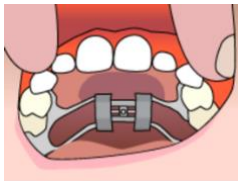
HOME CARE FOR PALATAL EXPANDER

The palatal expander "expands" (or widens) your upper jaw by putting gentle pressure on your upper molars each time an adjustment is made. The animation below will instruct you about when and how to adjust your expander. When you achieve the desired expansion, you will wear the appliance for several months to solidify the expansion and to prevent relapse.

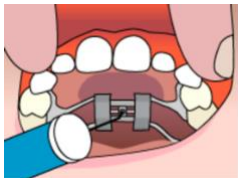
TURN YOUR EXPANDER AS FOLLOWS:

SUN MON TUES WED THURS FRI SAT

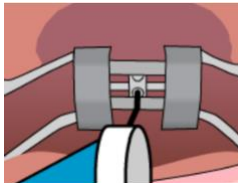
- Once every day until _____
- Once every other day until _____
- Other _____



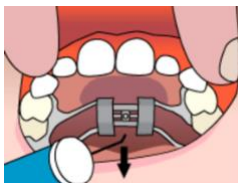
STEP 1:
In a well-lit area, tip the patient's head back.



STEP 2:
Place the key in the hole until it's firmly in place.



STEP 3:
Push the key toward 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:
Press back and down toward the tongue to remove the key. The next hole for insertion of the key should now be visible.

Please call our office with any questions or concerns.
Austin 512-451-8310 or Dripping Springs 512-894-3779