



*creating beautiful smiles
& harmonious bites*

Instructions for Fixed Maxillary Expansion Dentofacial Orthopaedic Appliance

Today you have had a **Maxillary Expansion Dentofacial Orthopaedic Appliance (ME)** cemented around your upper teeth as an anchor to widen your top jaw bone. If you are able to take care to follow the instructions given then this ME can work efficiently without causing damage to your teeth.

When should I turn the expansion screw?

Each individual patient will be advised how often their expander should be turned – every patient turns at a different rate depending on factors such as their stage of growth. This may change during treatment, depending on the progress of your expansion. The Orthodontist will closely monitor your jaw expansion and advise when to cease turns. This means you should avoid rescheduling an appointment to check your jaw expansion. Please see our Instagram Page @elainelimorthodontist for a video on how to turn your expander.

What changes in the mouth can I expect?

A gap should open in between your top front two teeth. This is a good sign! As it means your top jaw, which is in two parts, is expanding. This gap is temporary and will 'naturally' begin to close once turns have ceased, or will be quickly corrected with braces.

Wax can be used if you experience mouth ulcerations. Your skin on the inside of your lips and cheeks will become accustomed to having wire-work in your mouth. However, if you have persistent ulcers or the ulcers do not disappear themselves beyond 1-2 weeks please contact us to investigate the cause. You can seek advice from your Pharmacist as to whether topical applications, e.g. Bonjella® or Ora-Sed Gel®, is appropriate for you.

How should the Expander feel sitting in the mouth and when I turn?

You will see that the 'arms' of the expander have been delicately bent so should follow fairly close to the gum line/teeth, please avoid touching or bending these yourself. If you need these adjusted away from your lips at any stage please contact us for an appointment. The stainless steel wire-work has been highly polished like jewellery. It takes many hours of labour to construct by the Dental Technician, so in general the appliance should feel very smooth and never 'sharp'.

Will the appliance be painful?

Some patients may experience minor discomfort in the teeth/jaw at the start of treatment. You must continuously persist with the appliance so your mouth/jaws can be given the opportunity to adapt as soon as possible. Within approximately a week following insertion, the ME should begin to feel relatively comfortable. Each time an expansion turn is completed there may be a 'pressure' from the nose to the mouth, which should dissipate soon after the turn is completed. However, if the pressure continues after about 1 hour please contact us.

What can I eat?

Sugary and sticky foods will damage your teeth by causing tooth decay. It is very important that you should avoid eating sweets, lollies, sugary foods and fizzy drinks.

How do I clean the wire parts in my mouth?

Please clean all wires in your mouth after every meal with a toothbrush and some toothpaste at the same time as your teeth. You should also use Interdental Brushes in and around the wires to remove food and plaque debris at least daily. A Fluoride based mouth rinse can also be helpful, but should not be used instead of thorough brushing.

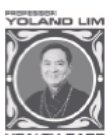
Please bring your Expander Key to all your appointments so we can continue to check it for you.

If you have any concerns or questions please do not hesitate to contact us on ph: (03) 9576 9000

Limited Afterhours Urgent Contact text Dr Lim ph: 0407709987

Dental Emergencies call Royal Melbourne Dental Hospital ph: (03) 9341 1000

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