

## RAPID MAXILLARY EXPANDER

### WHAT IS IT?

It is a fixed appliance used to widen the upper jaw when this one is too narrow relative to the lower jaw. This therapy usually helps to improve the bite, create room for crowded teeth and it could also improve breathing.



### HOW DOES IT WORK?

This appliance is meant to widen the upper jaw making it match the lower jaw and improving the bite or fit of the upper and lower teeth.

As the expander is activated, the two bones that make up the upper jaw slowly separates and the new bone forms in the space in that area, making the palate wider.

### WHAT TO EXPECT?

- The appliance may be uncomfortable initially, but you will get used to it within days.
- Initially you will have a temporary increase in the amount of **saliva** in your mouth.
- Your **speech** may sound different at the beginning; practice reading aloud, singing or simply talk and it will rapidly improve.
- When the appliance is activated, you may feel a **mild ache** but it dissipates quite quickly. It would usually feel like a sensation of pushing against your teeth. Analgesics (Paracetamol or Ibuprofen) will help reduce the discomfort. Wax can also be used to relieve any irritation caused by the appliance.
- You should expect a **space** open between your upper front teeth as your palate gets wider. After the expansion is finished, the space will close by itself within a month.
- **Diet** does not need to change significantly but it is important to avoid sticky, hard foods such as toffees, minties, roll ups, etc.
- Your **bite will feel off** as the width of your palate changes. On their way to being the correct width, the teeth will not fit together properly, and this is a normal feeling.

### APPOINTMENTS

In order to fit you for this appliance, we need three visits 1 week apart:

- 1) A quick visit to put separators between two back teeth,
- 2) On your second visit we will fit bands around two upper molars and take an impression of your teeth. These molar bands and the impression will go to our laboratory and the separators replaced.
- 3) Seven days later, we will cement the expander and give you instructions.