

The Rapid Palatal Expander (attached with bands or bonds) widens the roof of your mouth by gently separating the suture in the center of your palate.

Why is this sometimes necessary?

- to expand the upper jaw for proper fit with the lower jaw.
- to make room for crowded teeth.

How long will it take?

- usually about two to four weeks
- appliance remains in place longer while the new bone is generating in your expanded arch.



Will I feel it moving?

- You may sense some initial discomfort and pressure, causing a tingling or itch under your special appliance.
- A tingling sensation may occur on the bridge of your nose.
- You will see a *temporary* space between your two front teeth.

To activate your appliance:

1. Most importantly, you or one of your parents must “activate” your appliance as instructed by the doctor.
2. Insert the key carefully into the hole or slot in the middle front part of your appliance.
3. Push the key gently and steadily from the front toward the back of your mouth. Do not back up. Remove the key toward your throat.
4. Pushing the key back as far as possible brings forward a new keyhole position. Now you’re ready for the next activation.