

FIXED EXPANSION APPLIANCES

Our practice routinely uses two types of fixed expanders. Essentially, these appliances are cemented on to the teeth via metal bands and are designed to widen the top jaw.

The Quad Helix (QH) is activated by the orthodontist.

The Rapid Maxillary Expander (RME) is mainly activated by the patient or parent.

What to expect:

1. Some discomfort for two (2) to three (3) days. If necessary, take Panadol.
2. Speech may be hindered for a few days.
3. There will be an increase in the amount of saliva produced. This will normally settle in 24 hours.
4. With the RME, a gap of up to 6mm will occur between the front teeth.

What to do:

1. Keep your teeth and appliance clean at all times. Brush after eating food.
2. Don't eat hard or sticky foods.
3. Don't fiddle with appliance.
4. Report any problems (such as breakage or a loose band) by phone immediately.
5. RME appliance is activated at home. Activate the appliance as instructed by your orthodontist. The maximum activation is a quarter ($\frac{1}{4}$) turn in the morning and again in the evening.

YOUR CO-OPERATION

IS

IMPORTANT

