

Expander

An expander is an orthodontic appliance used to widen the upper jaw to correct crossbites and eliminate crowding.

WHAT TO EXPECT

- You may experience pressure by your front teeth, nose, cheeks and forehead
- Your tongue may get irritated from coming in contact with the appliance.
- It will take several days to get used to.
- Speech will be affected at first, but will return to normal.
- Excess salivation is common for the first few days.
- May result in a gap between the 2 front teeth that usually self-corrects with time.
- The average amount of time to have an expander is 6-9 months.

HOW TO TURN

- Insert the key into the hole or slot in the middle of the appliance.
- Gently push the key from the front of the mouth towards the back of the mouth. As long as you are pushing backwards, the next keyhole will appear.
- After turning, remove the key TOWARDS the back of the mouth. BE CAREFUL NOT TO UNTURN THE SCREW.

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712-324-9999

SHELDON ROCK VALLEY JACKSON

NAME: _____

START DATE: _____

☐ UPPER EXPANDER:

TURN _____ TIME(S) _____ DAY(S)

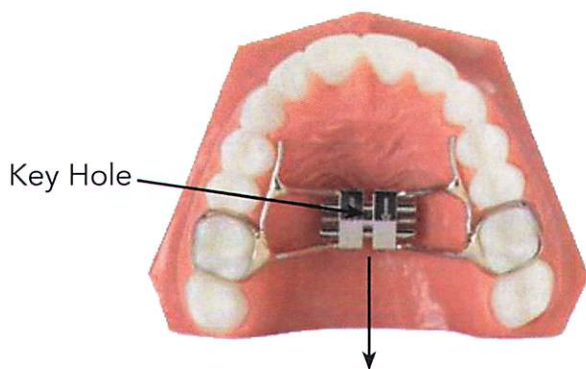
TOTAL NUMBER OF TURNS _____

☐ LOWER EXPANDER

TURN _____ TIME(S) _____ DAY(S)

TOTAL NUMBER OF TURNS _____

AFTER COMPLETING ABOVE TURN SEQUENCE,
DISCONTINUE TURNS UNTIL NEXT APPOINTMENT.



Use boxes below to help keep track of expander turns. After each day/turn mark the appropriate box.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30