



INSTRUCTIONS FOR RAPID PALATAL EXPANSION

1. For teenage patients, parents to supervise the activation of the appliance.
2. For a young patient, the parent should place the child in their lap with the mouth directed towards the light to allow to visualise the expander to be turned.
3. Place key into hole and turn until it hits a stop and the next hole is visible. (If you do not see the next hole, then you have not gone far enough).
4. **Every day do one turn only** (which is $\frac{1}{4}$ of a revolution).
5. **Do not allow your child to do the activations.**
6. The turn should go in the direction of the arrow (normally from front to back).
7. Expect there to be a slight tightness in the palate after turning, but no pain should be experienced.
8. If any pain is experienced, activation should be stopped and contact the Dentist – **Do not take pain medication!**
9. It is important **NOT** to do more turns than recommended as this will cause serious problems.
10. It is important to notify the Dentist if the appliances becomes loose or breaks at all.
11. Keep the appliance clean with careful brushing, etc - **This will require parent supervision.**
12. Avoid sugary foods and drinks, e.g. lollies, chocolates, soft-drinks & cordials, etc.
13. Attend review appointments weekly.
14. Write down time/date and turns done on attached list.