

Instructions for a Palate Expander

1. Turn _____ times per _____. It is most comfortable to do the turn at bedtime, but any time of day is okay.
2. Return on the appointed day for Dr. Himelhoch to check progress. If you must miss this appointment, stop turning until you can return.
3. Clean all wires, bands, and other parts of your palate expander when brushing your teeth.
4. Avoid chewing gum, caramel, taffy, and other very sticky foods.
5. It is normal and expected to have a space open between the front teeth, sometimes quite large. The space will close eventually.
6. It usually takes about a week to adjust to the palate expander. Soreness of teeth, gums, tongue, cheeks, and roof of the mouth are normal the first week or so.
7. Call Dr. Himelhoch if you have any unexpected or severe problems or other concerns.