



# EXPANDER

Please use this sheet as a guide to your expander care and treatment.

Every patient is different; please record the number of times and days you were asked to turn your expander.

Turn your expander \_\_\_\_ time/s a day. Do so at the same time of day for \_\_\_\_ days. Then, **STOP** turning the expander until Dr. Spillers or Dr. Gordon prescribes turning again, possibly at your next visit. The key moves toward the back of the mouth. Insert the key into the hole and push toward the back of the mouth until the next hole appears. Let the key fall out of the expander at an angle toward the back of the mouth so that you do not reverse what you have just accomplished.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10

After each turn a little pressure may be felt down the middle of the nose area. After turning the expander for a few days, you may notice a space between your front teeth; this is normal and will be closed in the future. For the first few days you may have difficulty pronouncing some letters. This will improve the more you talk.

Be sure to brush your expander well. Food may pack into the expander making it difficult to turn. After each meal, swish water in your mouth to remove excess food particles prior to brushing.

**PLEASE KEEP IN MIND THAT THERE MAY BE A CHARGE TO REPLACE OR REPAIR DAMAGED EXPANDERS.**

A video on how to turn your expander may be found here <https://www.drspillers.com/palatal-expander/>

If you have any questions or concerns, please call our office at (478) 953-2700.



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