



Palatal Expander Instructions

The palatal expander “expands” your upper jaw by applying gentle pressure. We will instruct you on the frequency for adjusting the expander. After we achieve the desired expansion, you will wear the appliance for several months to solidify the expansion and to prevent regression.

What To Expect:

- A temporary lisp and/ or change in speech and excess saliva for a few days.
- Some pressure in the back molars, on the roof of the mouth, and nose area might be felt during activation.
- Space opening between the upper front teeth is the indication that the expansion is working. Your teeth will shift later to fill the gap. Do not be concerned if you do not see a gap as not all patients experience this change.
- Your bite may feel off as it will be changing from the expansion.

How To Care For Your Expander:

- Use a Waterpik Water Flosser to flush out food between the expander and the roof of your mouth.
- Brush with a toothbrush around the entire expander (including all metal parts and screw).
- Maintain a soft diet for the first few days. Avoid any sticky and hard foods that can dislodge the expander. Please review our “Braces and Food” document for more information.

