



SMILEKRAFTERS
WE'RE ALL HERE FOR YOU

Welcome To Palatal Expansion!

You are well on your way to being the proud owner of a new and improved smile. As an orthodontic patient with a new palatal expansion device, there are a few things that may be helpful for you to know as you begin treatment.

It is important that you carefully follow the protocols we have in place here at SmileKrafters Orthodontics to help ensure that your treatment is completed in a timely fashion and that you receive the best results possible. Please read this information thoroughly and become familiar with the protocols we have in place. If you are ever unsure about something or have a question, please ask us. We are here to help you.

Please take this packet home with you, read it thoroughly and keep it somewhere safe and accessible.

Remember, as an orthodontic patient, you (or your legal guardian) have signed a contract accepting your responsibility to cooperate as an orthodontic patient. A quick review of these responsibilities includes:

- I understand that I am responsible to schedule and maintain appointments according to the directions of the Orthodontist (Expander checks vary depending on the unique situation of each patient, but generally a patient should expect to see the doctor for a checkup every 2-3 weeks)
- I understand that I am responsible to make sure that I attend to my oral hygiene both through my personal home care and routine dental visits and cleanings with my general dentist
- I understand that if I cannot keep an appointment, I will inform the office at least two business days in advance. I understand that if I fail to give appropriate notice, I may be charged a missed appointment fee or I may only have the option to come in during an time that is inconvenient with my schedule
- I understand that all orthodontic appointments that involve more complex procedures such as bondings or periodontal treatment must be scheduled during the day.
- I understand that it is my responsibility to contact SmileKrafters Orthodontics and inform them of any problems I may have with my expander so that they can schedule the appropriate appointment. (Problems may include, but are not limited to: trouble turning, loose expander, lost expander)
- I understand that routine orthodontic appointments may not allow sufficient time to replace an expander that may have come loose or fallen out. Such appointments may need to be scheduled at a different time.
- I understand that should my insurance information change during orthodontic treatment it is my responsibility to contact SmileKrafters Orthodontics and inform them of the change. If I fail to do so, I understand that I am responsible for any fees related to orthodontic treatment not paid by insurance.

Patient Name: _____ Parent or Guardian: _____
Print Print

Patient Date of Birth: _____

I hereby acknowledge that I have read and received the Welcome to Braces Introductory Packet and I agree to abide by the terms set forth within:

Date Signature of Patient or Parent/Guardian Presiding Assistant



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What Should I Know About A Palatal Expander?

What does this appliance do?

An expansion appliance fits into the roof of your mouth like a retainer. It is attached to the teeth on the sides of your mouth. By gently adjusting the width of the appliance by turning twice a day, it can gradually push the sides of your upper jaw further apart to create room for permanent teeth to come in straight. The doctor will instruct you when to stop turning.

What should I expect?

Some patients may feel slight discomfort while turning the expander. It is normal and you can take painkillers (whatever you normally take is fine) to stop the pain. However after a few days you should not feel anything as the expander is turned.

After about a week you will start to notice a space forming in between the two front teeth. This means you are turning correctly and the expander is working. The space will either close naturally or need to be corrected with braces.

How long will my expander stay in my mouth?

Timing varies based on your treatment needs as well as your individual response to treatment. Normally it stays in for about 3 ½ to 4 ½ months.

The doctor will instruct you to turn **once or twice a day** (activation period) depending upon the amount of expansion required. At your next appointment, the doctor will evaluate you to determine if any further expansion is needed. **THE EXPANDER MUST STAY IN THE MOUTH FOR 3 MONTHS FROM THE DAY THE DOCTOR TELLS YOU TO STOP TURNING.** This is to ensure that there is enough time for the bone to regenerate and fill in where the space has been created. Removing the expander early could cause the mouth to go back to the way it was before expansion.

Side effects will vary from person to person, but potential side effects include:

- Headaches, especially on the days the expander key has been turned to further widen the jaw
- Lisping and other difficulty speaking after the expander is first put on, but patients usually adjust after a few days
- Extra saliva
- Space between the front teeth
- Pressure

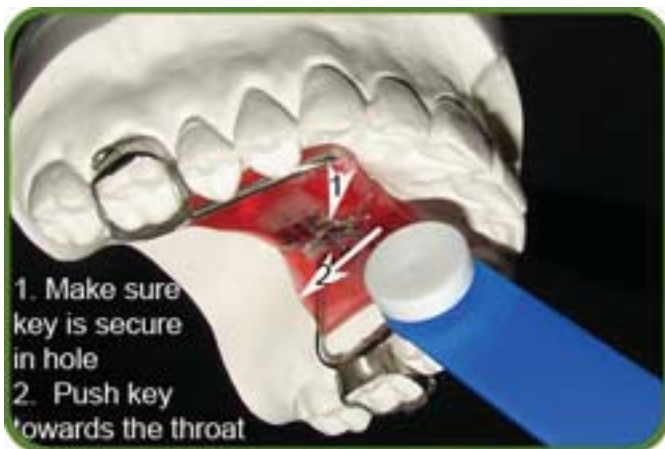


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Some Tips To Help You Out!

1. Start out just drinking, not eating yet. It takes a while to work out how to avoid getting stuck between the expander and the top of your mouth. After a few times, you will stop slurping and spluttering, and drinking will feel natural again. Eating will soon follow.
2. Eat very soft foods at first, and chew with your back teeth. Take a pain reliever, but be careful to use the proper dose
3. If you have food stuck in your teeth, braces, or expander, use a waterpik, floss, or another tool to remove it.
4. Have good hygiene habits. Be sure to brush your teeth 3 times a day now that you have an appliance. Brush your expander exactly the way you would brush your teeth. Also be sure to use mouthwash!
5. Turn it right before you go to bed, so you will not have to deal with chewing while it hurts. It should feel better in the morning.
6. Keep a positive attitude! This makes the process much quicker and easier to deal with
7. Do not eat hard or sticky foods; they can cause the expander to become loose or fall out which means you will have to wear your expander longer. Please call us right away if this happens!
8. Practice talking or reading a book out loud to learn how to talk with the expander. It will get better!





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Be Nice To Your Expander

Just as it is important to take care of your teeth, it is also important to take care of your expander. There are certain types of hard and soft food that will harm your expander and can ultimately affect your orthodontic treatment. We have listed foods which are harmful and must be avoided until your expander is removed. Your expander is a precise appliance that can be damaged by eating hard foods. Some soft sticky foods can cause tooth decay and loosen or dislodge components of your expander.

Avoiding forbidden foods and minimizing sugar intake are essential during orthodontic treatment.

FORBIDDEN HARD FOODS:

Hard Candy	Corn Chips	Popcorn	Ice	Pizza Crust
Corn on the Cob	Jerky	Nuts		

Whole fruits and vegetables such as apples and carrots should be cooked or cut into small pieces and eaten carefully.

FORBIDDEN SOFT FOODS:

Bubble Gum	Gum	Sticky Candy	Starbursts	Sugar Daddies
Tootsie Rolls	Caramels	Twizzlers	Laughy Taffy	Gummy Bears

Avoid soda pop and drinks that contain sugar. Use common sense when choosing food to put in your mouth and avoid chewing hard objects such as pens or pencils.



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