

# REMOVABLE EXPANDER



The maxillary removable expander is a functional appliance used to expand the upper dental arch by stimulating bone growth in the mid-palatal suture. It is a full coverage (covers the teeth and palate) acrylic appliance with an expansion screw inserted in the middle to facilitate opening of the appliance. The screw is opened, as instructed by Drs. Moshiri, until the palate has been widened to an adequate amount. The appliance is then worn, without activation, as a retainer to facilitate proper healing and retention of the new bone width.

#### **Wearing the appliance:**

- Your appliance must be worn **Full Time**, except for eating, brushing, or swimming.
- When out of your mouth, your appliance should be stored in the case we provide for you, *not a napkin or pocket*. Do not keep your retainers in a vehicle, the heat may distort them and they may not fit.
- Initially, speech is different with this appliance. In addition, there may be excess saliva. The mouth and tongue will quickly accommodate to this new environment. Practice talking and reading out loud as much as possible to make this adaptation occur quicker.
- Clean the appliance, with a toothbrush, toothpaste, and cool water out of the mouth. Brush at least three times a day, two minutes at a time.
- Clean the appliance with toothpaste and denture cleaner (i.e. Efferdent). If you have a sulfa allergy **DO NOT** use denture cleaners, they may contain sulfa. You may use a baking soda paste to clean your appliance.
- **Do not** leave your appliance accessible to a dog or cat, they will think your retainer is a play toy and will chew it, damage it or destroy it.
- We will see you on a periodic basis until you no longer have to wear your appliance, at which point further treatment, if necessary, will be discussed.

#### **To activate the appliance:**

- Tie a piece of floss around your key to prevent it from becoming lost.
- Remove the appliance from the mouth.
- Insert the key into the expansion screw, turn in the direction of the arrow until next hole for activation is seen. Insert the appliance back into the mouth until it fits snug; feeling pressure is normal, and usually subsides within a couple of hours
- Turn as Drs. Moshiri has instructed at night approximately 1 hour before bed

**If your appliance is lost or broken, or if you have any questions,  
please call us at (314) 4-BRACES**