



moshiri orthodontics

for a smile that lasts



A fixed expander is a functional appliance used to widen the upper dental arch by stimulating growth of the midpalatal suture. It is attached to the teeth via solder joints to bands, along with attachments to an expansion screw inserted in the middle to facilitate opening of the appliance. The screw is opened, as instructed by Dr. Moshiri, until the palate has been widened to an adequate amount. The appliance is then worn, without activation, for a period of several months as a retainer to facilitate proper healing and retention of the new width.

Wearing the appliance:

- Speech is different for the first couple of days with this appliance. The mouth and tongue, however, will 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 toothpaste, toothbrush, Christmas tree brush, and cool water. Brush three times a day, two minutes at a time. Pay special attention to upper bands and the gum line.
- Do not eat anything sticky, chewy, or hard
- Use wax with your appliance as needed

To activate the appliance:

- Tie a piece of floss around your key to prevent it from being lost
- Insert the key into the expansion screw, turn in the direction of the back of the mouth until the next hole for activation is seen.
- Turn as Dr. Moshiri has instructed at night approximately 1 hour before bed
- The appliance will exert some pressure, this is normal and will go away in a few hours (a children's dose of Advil may be used initially, if needed, for any discomfort).
- Check bands 1x weekly to ensure they are secure

**If your appliance becomes loose, or if you have any questions, please call
(314) 4-BRACES**