

# REMOVEABLE EXPANDER



moshiri orthodontics  
*for a smile that lasts*



The removable expander is a functional appliance used to expand the upper dental arch by stimulating bone growth in the midpalatal 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 Dr. Moshiri, until the palate has been widened to an adequate amount. The appliance is then worn, without activation, for a period of roughly four months as a retainer to facilitate proper healing and retention of the new bone width.

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

- Your appliance must be worn for 22 hours per day, 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*. The napkin and appliance may be accidentally thrown away. Additionally, do not place the appliance in your pocket, as you may sit on it and break it.
- 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 warm (not hot) water out of the mouth. Brush at least three times a day, two minutes at a time.
- If you wish, twice a week, the appliance may be soaked in warm (not hot) water and denture cleaner for 10 minutes to make it especially clean.
- Do not leave your appliance accessible to a dog or cat, they will think your retainer is a play toy and ruin 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.
- Turn as Dr. Moshiri has instructed (i.e. two times per week).
- Insert appliance immediately. Appliance will exert some pressure, this is normal and will go away in a few hours.

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