



Marta Baird, DDS, MSD
Board Certified Orthodontist

Congratulations on your new expander!

1. Activate the expander by using the key as instructed. You will turn the expander once at night each day for the first four weeks. At your second appointment, Dr. Baird will evaluate the progress. Please turn only once each night, even if you have missed a turn.
2. It's normal for the tongue to have an imprint of the expander after sleeping. While asleep, the tongue presses against the roof of the mouth. The indentation is not permanent.
3. Tooth soreness is normal. Ibuprofen or Tylenol will help ease the soreness.
4. Please brush the expander when you brush your teeth. Food may become trapped and cause irritation.
5. Wax can be used if the hooks on the bands are causing irritation to the cheek. The cheeks will get used to the expander and wax will not be needed for the duration of treatment. Dry the area before applying wax to help it stick.
6. Wax is safe if swallowed, but we recommend removing it before eating or brushing!
7. Occasionally one side of the expander can become detached or loosened. Stop turning and please call for a follow up visit.
8. Avoid sticky candies, gummies, gum, caramels, popcorn or really hard food.
9. Speech can be affected by a new expander. Please practice speaking and speech will return to normal after a few days.
10. There is an informational video on our website you refer to for how to turn your expander!<http://www.bairdorthodontics.com/how-to/how-to-turn-your-expander/>