

# Rapid Maxillary Expander

## Instruction Guide

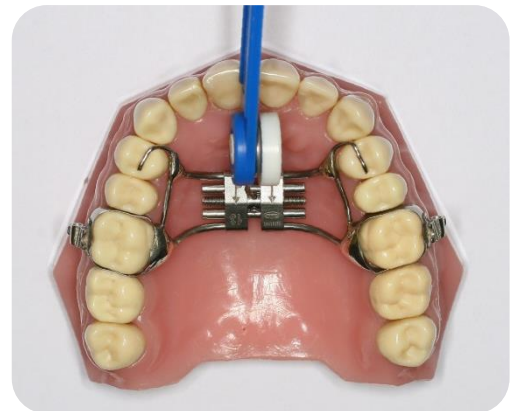


### ACTIVATION OF YOUR RAPID MAXILLARY EXPANDER

Your Rapid Maxillary Expander (RME) comes with a screw located in the middle of the appliance and a “key”. This screw will be turned once a day to expand your upper jaw. This task is usually the responsibility of a parent or guardian. It is important that you do the exact number of turns prescribed by your orthodontist.

You may feel some discomfort after doing a turn. Mild pain relieving medication can be taken, if required. This discomfort usually subsides after a few days.

Your orthodontist will see you 2 weeks after your expander has been fitted to review the expansion.



### TURNING SCHEDULE

To keep track of your expansion, mark off your turns as they are done on the chart found below. If a turn is missed, **do not** do 2 turns the next day. **You should do 1 turn per day for the next 2 weeks, totalling 14 turns.** At the 2-week mark, you’ll have another appointment with the orthodontist who will let you know how many more turns are required.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40



## EATING AND TALKING

When the RME is first fitted, it can be challenging to talk, eat and drink. These things will improve quickly as you adapt to the appliance. To speed up the adaptation process you can:

- Take small sips of water from a drink bottle to help with tongue placement during swallowing.
- Cut food up into smaller pieces when eating.
- Read out loud (or simply talk a lot) to help with pronunciation.

## WHAT CAN I EAT?

Sweet and acidic food and drinks are best avoided, as they can damage your teeth and make you susceptible to tooth decay. It is also important to avoid eating sticky foods, as they can cause your RME to become loose. Please see our food guide for more detailed information.

**Pure Orthodontics**

**phone:** 9370 3155 | [www.pureorthodontics.com.au](http://www.pureorthodontics.com.au) | **email** [info@pureorthodontics.com.au](mailto:info@pureorthodontics.com.au)

