

Palatal Expansion Appliance

Palatal expansion appliance is placed on the roof of the mouth; it serves to stretch the two bony parts of the maxilla (palate).

The appliance is activated with the help of a key (given when the installation is done) that we insert in the hole of the appliance: we need to push the key into the position « front » to the position « back » (remove the key by taking it out of the hole; do not come back towards the front if the key is still engaged). We call this movement front to back « activation turn».

We need to activate the appliance in accordance with the number of turns recommended (generally, one turn per day during the number of days specified; see calendar below).

The effects felt by the patient are as follows:

- opening of a space between the two upper central incisors (this space will reclose itself little by little when the expansion is done).
- pressure felt between the eyes (this is caused by the fact that both bony parts support themselves against each other while the expansion is in progress : this pressure disappears when the expansion is done..
- difficulty with words: a few days are necessary to learn to pronounce certain sounds. Generally this presents no major problem, (the teachers can be warned that the patient might have temporary difficulty due to the appliance).
- swallowing : the patient might have difficulty swallowing for a couple of days and the muscle of the tongue could be a bit sensitive. All will quickly be back to normal.
- hygiene could be a bit more difficult and the patient must give the extra effort that is asked from this type of treatment to be able to avoid any problems.

For eating, the basic rule is to eat foods that are not hard, and if too hard to cut it ways to make it thin (ex.: carrot cut into small round thin slices or in small sticks). It is strictly forbidden to chew gum all the while the appliance is being worn. Hard candies are permitted, if the patient lets the candy melt in their mouths without cracking. Be careful with Popcorn! Add milk to hard cereal so as to soften.

If you have any questions do not hesitate to contact us.

Activation turns calendar

Make ____ turn(s)
per day during
____ days.

Su	M	Tu	W	Th	F	Sa

Su	M	Tu	W	Th	F	Sa