



RAPID PALATAL EXPANDER (RPE) INSTRUCTIONS

- Using the turning key we provide you, please complete 1 turn a day for 14 days, then do not turn again. Dr. Crichigno will check the expansion progress a month after appliance is placed.
- Make sure to complete the turn entirely. You will see the next hole completely appear when the turn is done.
- If you are unable to insert the key to turn the following day, find the back hole and push all the way down until you see a new hole at the top again.
- Gently brush the entire mouth as usual, and brush the appliance on the back teeth where the bands are, as well as on the roof of the mouth where the expander is.
- Use the Proxy Brush we gave you to remove food from between the appliance and the palate.
- Rinsing with Listerine or salt water can be helpful to dislodge any food that becomes trapped and minimize discomfort.
- Cutting food into smaller pieces will be very helpful. No sticky food or popcorn.
- If the RPE becomes loose on one side or the other do not worry, call our office and we will make arrangements for you to come in to be seen by Dr. Crichigno.
- An RPE rarely falls out, but if it does set it aside and call our office for an appointment. Please bring the RPE to that appointment.
- We have given you wax to use if the appliance bothers your cheeks. You can break off a small piece and warm it up between your fingers and place it on to any area that is bothering you.
- If spacing starts to appear between the front teeth this is not cause for concern. This is what we expect to happen and it means that expander is doing it's job.
- Dr. Crichigno's cell phone number is on our answering machine in case of emergency.