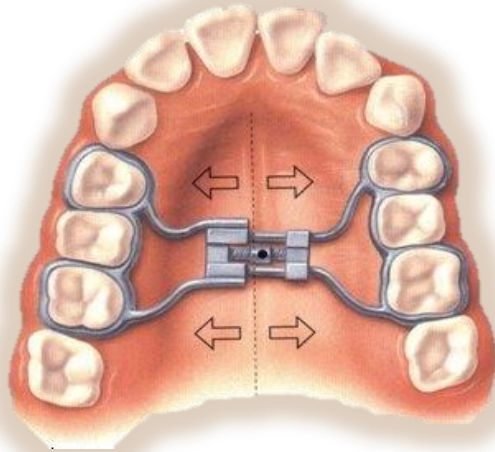




مدينة الملك فهد الطبية  
King Fahad Medical City



## Palatal Expander

## What is a Palatal Expander?

An appliance that expands the roof of the upper jaw (palate) in less than 30 days. The patient has to wear the expander for 3-6 months.



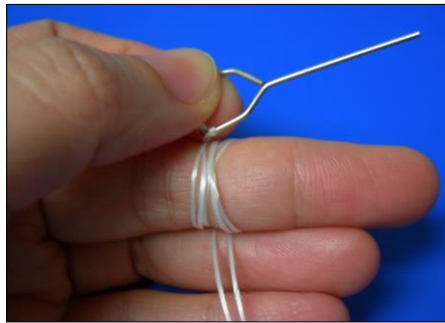
This will widen the upper jaw both skeletally and dentally to create more space for the teeth.

## How to activate the expander?

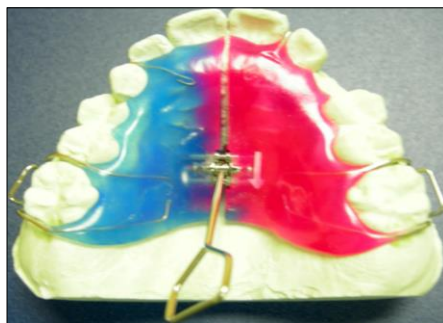
1. The expander is activated by turning the screw following the direction of the arrow with the use of a metal key.



2. Make sure to tie a dental floss on it and wrap the other end around the middle finger
3. Hold the key between the index finger and thumb.



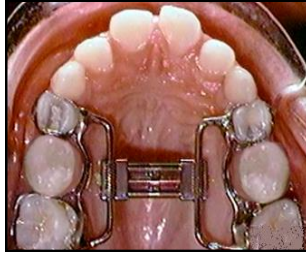
4. Insert the key to the hole at the center of the screw and turn it towards the throat.



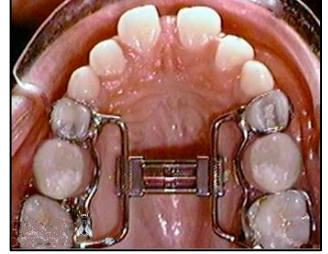
**Before**



**During**



**After**



## **What to expect while using the palatal expander?**

- Some soreness within few days but will eventually go away. It is advisable to do chewing as much as possible and to take an over-the-counter pain reliever.
- Gaps may develop between the front teeth. This is a normal sign that the expander is working.



- Speech is usually affected. Practice loud reading and you will get used to it in time.



- Difficulty in eating. Give yourself time to adjust.
- Some changes in facial appearance.

## How to take care of your expander?

- ✔ keep your palatal expander clean by swishing water in your mouth after eating or drinking juice.
- ✔ Brush the expander when you brush your teeth.
- ✘ Avoid eating hard and sticky foods so as not to break or damage the appliance.



**The expander must be activated 1 to 2 times a day.  
After the patient and parent are instructed how to  
activate the appliance, the patient is seen again  
after a week to check the progress.**

**After the expansion, the appliance remains inactive  
for 3 months or more, or the expander is removed  
and a retainer is made to keep the two halves of the  
jaw separated while the bone fills.**



**We hope that you have a pleasant experience with our dental staff and the best quality of dental services rendered to you. If there is something that we can do for you during this treatment phase, please do not hesitate to ask.**

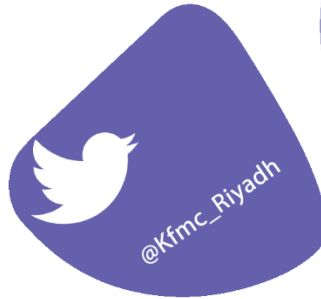
**Your cooperation with your orthodontist can help make your smile look its best.**



# لأن الوعي وقاية ..

إدارة التشخيص الصحي

Specialized Dentistry Department



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