

## Tips on appliances:

Below are tips that will be helpful while you are adjusting any appliance from our office and will assist you in a more successful treatment. Additional information for appropriate individual appliances follows this:

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- \* Your appliance **MUST** be worn at ALL TIMES! The **only exceptions** are **eating, brushing, and while playing sports**. PLEASE DO NOT take your appliance to the lunch room and/or out to recess.
- \* There are only two (2) places your appliance should be, EITHER in your mouth or in the case that we provided. (Additional cases will be provided at no charge to keep your appliance safe). NEVER wrap your appliance in a napkin!!
- \* BEWARE, family pets (especially dogs) seem to enjoy chewing on appliances!
- \* Your speech will improve after a few days. We suggest that you practice reading out loud in the evenings.
- \* Be sure to brush thoroughly after each meal. This includes your teeth and appliance.
- \* Please be sure to brush nightly with PREVIDENT 5000 fluoride toothpaste.
- \* Clean your appliance with a soft toothbrush and liquid soap at least once a week (we recommend 2 to 3 times per week).
- \* If you break your appliance, please call us immediately for advice. **DO NOT THROW IT OUT!** \*\* A replacement fee will be charged if your appliance is lost or damaged beyond repair requiring replacement \*\*

### **TIPS FOR LEARNING TO EAT WITH PALATAL EXPANSION APPLIANCES**

Learning to swallow is the first step. Start with liquids, the use of a straw can be helpful. Once the patient can swallow easily, soft textured foods can be slowly introduced. When soft foods can be eaten without difficulty more solid foods can then be carefully added.

NOTE: NO BREAD OR BREADED FOODS FOR THE FIRST TWO DAYS

**Examples of suggested foods for the first few days:** Applesauce - bananas/canned fruit - ice cream- milkshakes/popsicles - jello - macaroni & cheese - mashed potatoes - pudding - scrambled eggs - soup - yogurt

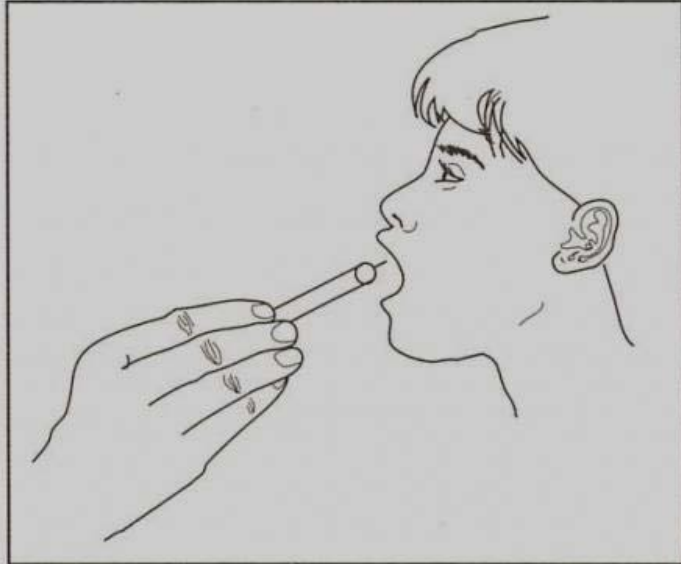
**REMINDER:** Sticky foods and candy must be avoided as they may pull the appliance off your teeth! Hard foods and candy (if chewed) may bend or break your appliance, avoid these too! If you have any questions about what you should or should not eat, please call us. We want to make your treatment with us as pleasant as possible.

Note: The patient may feel pressure or discomfort in the mouth and/or nose area. This should dissipate within 2-3 days. If pain medication is necessary, whatever the patient typically uses for a headache should be all that is required to make the patient comfortable. If discomfort continues after receiving pain medication or beyond the 3 days after placement of the appliance, please call our office for advice.

## ADJUSTING AN EXPANSION APPLIANCE:

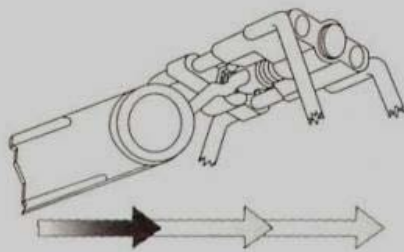
With the wire portion of the key pointing straight ahead, the patient or parent may insert the wire into the most forward hole of the screw mechanism.

Gently push the Swivel Key toward the back of the mouth. The Swivel Key will stop after a 1/4 turn of the screw mechanism has been completed. The next insertion hole will appear and the Swivel Key may be removed from the appliance.

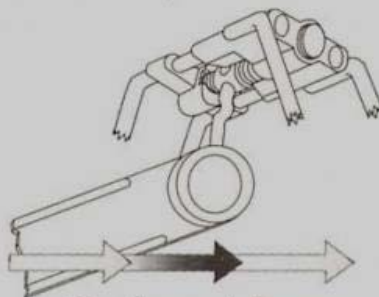


# It's as simple as...

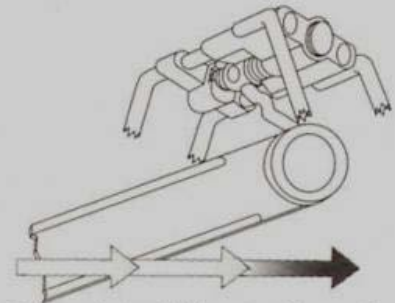
## 1-2-3



With wire pointing straight ahead, insert Swivel Key into screw



Gently push key toward back of mouth



Complete 1/4 rotation of screw before removing key

**CAUTION** - To insure proper usage, make sure key is completely inserted in hole before turning.