

## **INSTRUCTIONS FOR A MAXILLARY EXPANTION APPLIANCE**

- 1. Turn the appliance two times a day, once in the morning and once at night, for the time prescribed which usually two to three weeks is.**
- 2. Sit on a sofa next to a light and have your child lay face up on your lap with their chin up.**
- 3. Expect some discomfort (soreness or headache) the first few days. This will disappear. Aspirin, Tylenol, or Advil is recommended for any discomfort.**
- 4. Please do not chew gum or sticky foods. Work with your toothbrush to keep the appliance clean.**
- 5. Expect the front two teeth to split apart and be assured that they will drift back together on their own within the next few months.**
- 6. Check to make sure the bands are on tight. If one comes loose please stop turning until the patient can be seen.**
- 7. It is normal to have trouble pronouncing some words. This will disappear with time.**
- 8. The appliance will make the patient salivate. This will subside as time goes on.**
- 9. The key has a string tied to it in case it is dropped into the mouth so that it will be easy to retrieve.**
- 10. The appliance will stay in the mouth for about six months at which time it will be removed and a retainer will probably be made.**
- 11. Absolutely do not turn the appliance for more than the prescribed time until seen by Dr. Reiss.**

**If you should have any questions or need more information regarding this matter, I invite you to call or come in at the next appointment for a conference with me.**

**David H. Reiss, D. M. D.**