

**CENTRAL LAKES ORTHODONTICS**  
**Alexandria office: 320-762-2101 Wadena office: 218-631-4529**

**EXPANSION APPLIANCE INSTRUCTIONS:**

**What to Expect:**

Your mouth may feel unusual for a couple of days after receiving the appliance. It is normal to experience tightness or fullness in the mouth when it is expanded. Expect a space between the upper front two teeth to open up during expansion. There should not be any pain with the expander. If pain is experienced by the patient, contact our office for an appointment.

**Foods:**

Stay away from sticky foods such as licorice, taffy, bubblegum and candy bars.

**Instructions:**

The assistant will show the parent or person with child how to expand the appliance. The appliance will be expanded 1 time per day unless directed otherwise. During expansion make sure the key is turned back completely, so that the next hole is lined up for the next turn. A piece of floss should always be attached to the key for safety when expanding. Brush the appliance after each meal to remove food from the appliance and teeth. Wax can be used over the appliance to keep the cheeks comfortable.

**Appointments:**

During the expansion process, the appliance will be checked every two weeks to monitor progress. If the appliance is causing pain or becomes loose, please contact our office.