



INSTRUCTIONS FOR EXPANDER

Make sure you turn your expander as prescribed by Dr. Kizior.

The expander may feel a little tight after making a turn. This usually lasts for only a few minutes.

Make your turn about the same time each day.

If you miss a turn, **make it up** as soon as you realize you have missed it. However, don't make two turns at one time. Then, continue your regular schedule of turning.

If you cannot get a turn made, notify us immediately. We might be able to talk you through it over the phone.

If your expander happens to become loose, stop turning and notify us immediately.

After making several turns, you will notice a space opening between your upper front teeth. By the time you've made all your turns, the space could be as large as a front tooth. This space is temporary, and it will be distributed throughout your entire upper arch.

Your bite will probably change as your jaw widens. You may also notice an increase of saliva. This is all normal and temporary.

Use your toothbrush and proxy brush to keep your expander clean. A WaterPik can be used along with your toothbrush, but is not necessary.

We need to monitor you closely while turning the expander so **make sure we see you on your scheduled appointments.**