

# Rapid Maxillary Expander

## Instruction Guide

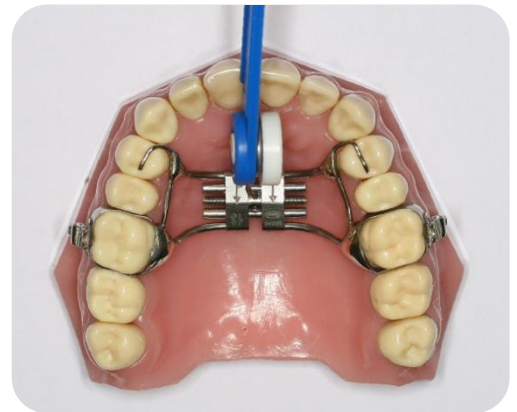


### ACTIVATION OF YOUR RAPID MAXILLARY EXPANDER

Your Rapid Maxillary Expander (RME) comes with a screw located in the middle of the appliance and a “key”. This screw will be turned once a day to expand your upper jaw. This task is usually the responsibility of a parent or guardian. It is important that you do the exact number of turns prescribed by your orthodontist.

You may feel some discomfort after doing a turn. Mild pain relieving medication can be taken, if required. This discomfort usually subsides after a few days.

Your orthodontist will review the RME and the expansion 2 weeks after it is placed.



### TURNING SCHEDULE

To keep track of your expansion, mark off your turns as they are done on the chart found below. If a turn is missed, **do not** do 2 turns the next day.

\_\_\_\_\_ turn(s) daily for \_\_\_\_\_ days.  
Total = \_\_\_\_\_ Turns

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40



## CARING FOR YOUR RME

A small toothbrush is very helpful for cleaning in and around your RME. Make sure you brush off any food or plaque which may be caught around the appliance. It should look shiny if it has been cleaned well.

## EATING AND TALKING

When the RME is first fitted, talking, eating and drinking can be somewhat challenging. These things will improve quickly as you adapt to the appliance. To speed up the adaptation process you can:

- Take small sips of water from a drink bottle to help with tongue placement during swallowing.
- Cut food up into smaller pieces when eating.
- Read out loud (or simply talk a lot) to help with pronunciation.

## WHAT CAN I EAT?

Sweet and acidic food and drinks are best avoided, as they can damage your teeth and make you susceptible to tooth decay. It is also important to avoid eating sticky foods, as they can cause your RME to become loose.

**For more information, please see our Food Guide.**

**IF YOU HAVE ANY DIFFICULTIES WITH YOUR RME PLEASE  
CALL OUR CLINIC ASAP**

Pure Orthodontics

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