

RAPID PALATAL EXPANDER (R.P.E.)

This special appliance (attached with bands) widens the roof of your mouth by gently separating the elastic membrane in the center of your palate. Once the palate has been fully expanded, new bone tissue fills that space.

Why is this sometimes necessary?

- To expand the upper jaw for a proper fit with the lower jaw.
- To make room for crowded teeth.

How long will it take?

- This usually takes about 2 to 4 weeks to achieve our expansion
- The appliance remains in place for about 6 months to allow new bone tissue to generate in your expanded jaw.



Will I feel it moving?

- You may sense some initial pressure, causing a tingling or itch under your appliance.
- A tingling sensation may occur on the bridge of your nose.
- You will see a **temporary space** between your two front teeth. The space closes again naturally.

What should I do during the expansion period?

- Use your toothbrush carefully around the special appliance.
- Use Listerine to keep your mouth free of spoiled, irritating food particles.
- Take Advil for any discomfort

How is the appliance activated?

The appliance is activated twice every day, once in the morning and once in the evening, **unless we direct you otherwise.**

- You or one of your parents must "activate" your appliance as instructed by Dr. Webb. (Fig. A)
- **Insert the Key** carefully into the hole in the middle front part of the appliance.
- **Push the Key** gently and steadily from the front toward the back of your mouth. Do not back up. Remember—push the key toward the throat. You automatically bring a new key hole forward by pushing the key as far back as possible. It will now be ready for the next activation.



Responsibility as a Parent...

- Activate the appliance
- Closely follow the schedule and instructions given by Dr. Webb
- Do not rush or delay the activation of the appliance
- Be sure the appliance is carefully cleaned each time you brush