

hyrax expander with screw

The expander will widen (expand) your upper jaw. This orthodontic appliance works within 3-6 months to accomplish this movement. Once the upper jaw is expanded, the appliance is left in place for a minimum of 3 months to hold and stabilize the new upper jaw position.



USING YOUR APPLIANCE

Instructions for how to turn the appliance are on the back of this page.

The schedule for turning the appliance is as follows:

_____ turn(s) every _____ day(s) for _____ weeks.

GETTING USED TO YOUR APPLIANCE

Some patients will feel soreness in the teeth only, while others have described a feeling of pressure/tingling sensation over the bridge of their nose and near their cheekbones.

If you feel discomfort, pain, or dizziness that lasts more than 10 minutes, **stop turning the appliance and call the office.**

A space may open between the upper front teeth as the appliance widens the jaw. **Do not be alarmed** as this is an expected change. This space will get smaller as the front teeth come back together after the desired expansion has occurred and/or when brackets or a retainer are placed later.

You may have difficulty speaking or swallowing at first (excess saliva may occur initially as the mouth adjusts to the appliance) but, after a few days, it will improve. Reading aloud or simply speaking frequently helps this transition.

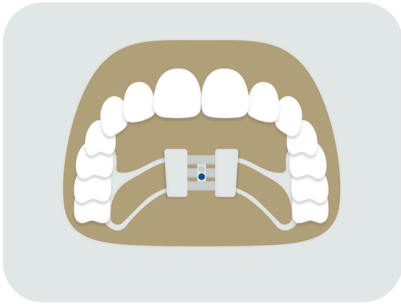
Clean your appliance daily and rinse with water to loosen any food that may become trapped. Remember to follow the foods to avoid list to avoid breaking or loosening the appliance.

As with all orthodontic appliances, you should avoid hard/crunchy and chewy/sticky foods during treatment. Examples:

- Hard/Crunchy: Ice, kettle cooked chips, raw veggies or fruits (they can be cut into smaller pieces), Takis, hard candy
- Chewy/Sticky: Gum, Skittles, Starburst, Gummy candies, Sour Patch Kids, jelly beans, caramels

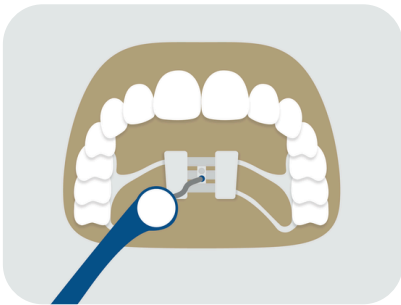


TURNING THE EXPANDER



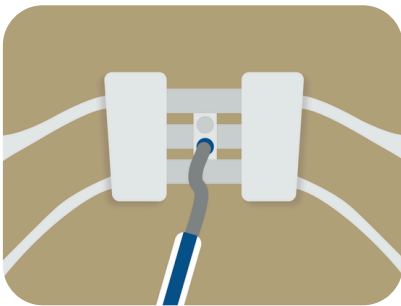
STEP 1

In a well-lit area, tip the head backwards. The higher their chin is, the easier it will be to see the hole where the key is placed.



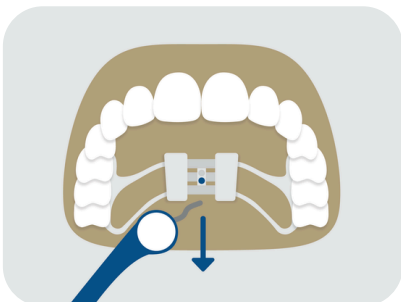
STEP 2

Place the key into the hole until it is firmly in place.



STEP 3

Push the key towards the back of the mouth. You will notice the center cog has turned and a new hole has appeared. The rotation stops when the key meets the back of the expander.



STEP 4

Slowly remove the key from the hole by pushing the key straight down and out of the hole. Be careful not to accidentally unwind the expander while removing the key. The next hole should still be visible after removing the key.