

The Cemented Palatal Expander is an appliance worn in the mouth to expand the upper jaw which creates more space for the teeth and to allow a better fit with the lower jaw. To be effective, it must be worn and taken care of as directed by our office. Below is some important information to help you achieve the best results.

Kadar Guides for a Great Result!

- The Expander will remain in your mouth for about 6 months.
- To activate the Expander, turn the key once each day until you are instructed to stop.
- Activate the Expander at the same time each day, at least one half hour before dinner.
- To activate the Expander:
 - a. Extend the metal swivel on the key and place end into hole.
 - b. Push towards the back of the mouth as far as you can.
 - c. Do not stop or pull key out until you see the new hole appear and you can no longer push the key.
- Most Expanders are turned a total of 24-40 times.
- Some patients feel the following side effects:
 - a. Pressure for 5 to 30 minutes. This pressure may be felt from the upper teeth to the temple area.
 - b. A space may begin to develop between the two upper front teeth. This space typically closes after the final turn.
- The first few days, you should limit eating to foods that require no chewing (liquid diet).
- It is important to do everything with your mouth slowly. Eat, talk and swallow very slowly for the first few days. After three days, you will feel better. While wearing the Expander, avoid foods that are sticky, chewy or hard. Some patients might notice an increase in salivation because the mouth thinks that the expander is food. This will also improve with time.



If you miss your next scheduled appointment, do not turn the Expander more than 24 turns. Contact our office at 856.582.1400 if you have any questions about your Expander.