

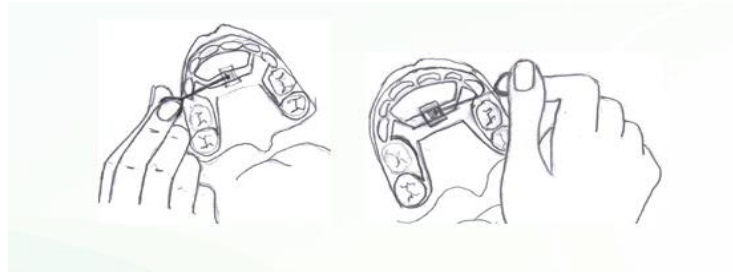
### Your Child's Rapid Palate Expander Appliance

The palate widening appliance is a specially made device used to expand the palate. There are several reasons to widen the arch:

1. By widening the upper arch, the upper teeth will line up better with the lower teeth, giving you a better bite.
2. Where a high palate and narrow arch restrict the breathing passage located above, widening the palate widens the air passage. Then, the patient has a better airway.
3. Widening the palate can make more room for crowded teeth to align better. The expanding action of the appliance gently separates the suture in the center of the palate. As the palate expands, new bone tissue fills the space. The upper arch is usually expanded enough in 30 days. However, the appliance is allowed to remain in the mouth for a longer period while new bone is growing. Once Dr. Yoshikane has cemented the expander you will activate it. This is done once a day, preferably at the same time daily.

#### How to activate the key operated appliances

1. Carefully insert the key into the hole or slot in the middle of the appliance.
2. Gently and steadily push the key from the front toward the back of the mouth. Do not back up. Remove the key toward the throat. You automatically bring a new keyhole position forward by pushing the key as far back as possible. It will be ready for the next activation.



#### Additional comments

You will notice that widening the palate also temporarily causes a space between the two front teeth. This is normal and the space closes again naturally. Also, the same pressure on the roof of the mouth may cause a tingling sensation at the bridge of the nose or on the palate for a few minutes. Usually any over the counter Ibuprofen pain reliever will effectively relieve any discomfort. If it does not, call the office so we can check your appliance carefully. For most patients, this procedure is not painful, though there may be some initial discomfort and some feeling of pressure as the arch expands. This pressure may cause a brief tingling or an itch under the appliance.

#### Notes:

If the appliance feels loose, please call to schedule an appointment

No sticky foods: candy, gummies, gums, hard chips, or popcorn.

Keep it clean by using the syringe, proxabrush, toothbrush, floss and floss threaders as instructed by Dr Yoshikane and the assistant.

Please call us if you have questions or need any help! 760-942-1132

Dr Yoshikane and Team

