

## **EXPANDERS**

A palatal expander has been cemented in your child's mouth to widen the palate and/or correct their cross bite.

- Activate the expander with the key \_\_\_ time(s) a day until you can see a gap in between the front teeth. (Make sure you activate it ALL the way).
- Call our office to schedule an appointment for Dr to evaluate if more expansion is needed.
- If no further activation is needed per Dr Young, leave the expander in the mouth for 6 months for the bone to heal.

Your child will need a few days to get used to it. They may feel some pressure in the roof of the mouth within the first week. Stay away from sticky and crunchy foods as this may cause the expander to become loose.



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