

Rapid Palatal Expander

Design:

This is a fixed appliance banded to the first upper molars with wires extending to the bicuspids with a jackscrew in the middle.

Purpose:

This appliance is used to expand or widen the upper jaw. It treats cross-bites, in which the upper jaw is narrower than the lower jaw. The Upper jaw is usually V-shaped and the teeth are crowded. This appliance helps to round the upper arch and unravel the crowding. Facial asymmetry is also associated with these cases and may or may not have TMJ dysfunction.

Directions:

The appliance is cemented with Glass Ionomer cement to the upper first molars. The Parent or Guardian uses the key provided to turn the expander screw $\frac{1}{4}$ turn backwards, towards the back of the mouth. The following regiment is used:

1. One turn in the morning or evening, this is done for one week. If necessary, the patient may need to turn it for a few days more.
2. Patient returns after one week for observation.
3. The appliance will be left in for approximately 8 to 12 months or more to prevent any relapse of the cross-bite.
4. The mid-palatal suture line widens and slowly fills with granulation tissue which becomes callus in 6 weeks. The callus takes additional 6 or more months to turn into hard bone.
5. In some cases the braces may be placed with the R.P.E appliance still in place.
6. There may be discomfort around the face area while expanding, which in most cases is tolerable however analgesics may be taken one hour before turning the screw to minimize the discomfort.
7. Avoid hard, sticky food as this can dislodge the appliance. In case this happens please report immediately to the office.
8. It is also important to clean around the bands and the appliance. Water pick and electric toothbrush may aid in the cleaning of the appliance. Poor hygiene may result in cavities and gum disease. If you notice swelling of gums around the bands or if you bleed during brushing, please report immediately to the office.
9. If you have any questions, feel free to ask Dr. Butt at info@BraceUs.com.