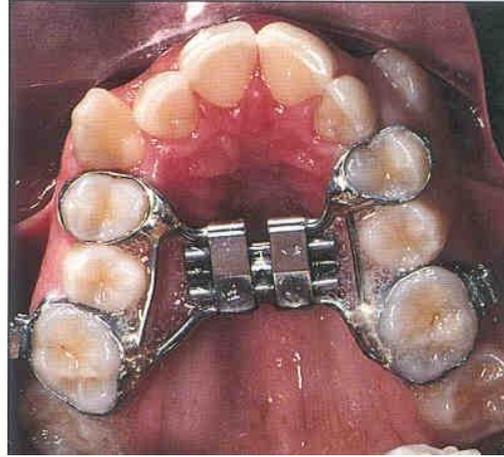


Expanders – Bonded/Banded



Congratulations, your expander has now been inserted!

Expansion – Upper

An upper jaw that is too narrow causes part of your orthodontic difficulty. Because you are still growing, Dr O'Callaghan will use an expander to guide your natural growth and widen your upper jaw.

This will create enough room for your crowded teeth and ensure the upper and lower teeth fit together properly.

There are several types of expanders. We will select one that is just right for you and show you how to use it.

What Is An Expander?

- An expander is an appliance that is fitted to your upper jaw and is activated by opening it daily for approximately 4-6 weeks. The expander is then left in place for a further three to six months to maintain the stability of the expansion.
- There are two types of expanders, a bonded expander and a banded expander.
- The expander is a device that uses specially designed screws to gently develop the upper arch.
- The expander is simple to use and comfortable to wear after a small adjustment period.

Banded Expander

1. Separators are placed between your back teeth to create space for the bands.
2. Approximately 1-7 days later, an appointment will be required to fit the bands to the back teeth.
3. At this appointment an impression of the upper jaw will be taken, with the bands in place, so that the expander may be constructed.
4. After the expander has been constructed, an appointment will be required to fix the expander in place.

Bonded Expander

1. An impression of the upper jaw will be taken so that your expander may be constructed.
2. After the expander has been constructed, an appointment will be required to fix the expander in place.

What Should I Expect From My Expander?

- Initially, the expander will feel awkward and strange.
- Your brain will think that there is food in your mouth and excess saliva will be produced.
- Excess slurping may occur for the first 2-4 days. This is normal but it should not continue after the fourth day.
- Your speech may be affected as your tongue has to operate in a new position. The tongue will adapt to this new position.
- You should practice speaking slowly.
- Pronounce your words more carefully.
- Read aloud into a mirror or to a helpful parent or sibling.
- The expander will initially feel strange, but most people adapt quickly.
- When developing the upper jaw, a large gap may appear between your two front teeth. The bigger the gap, the better the expansion!
- Once the expansion has been completed, the gum muscles will pull the teeth together again. If a residual gap remains, the orthodontist will correct it.

How Should I Clean My Expander?

- Tilt your toothbrush on a 45° angle between the gum and the expander.
- Brush in small circular motions ten times on the left and ten times on the right.
- Place the toothbrush on the roof of your mouth against the expander.
- Brush in circular motions ten times on the left side and ten times on the right side.
- Initially, if food becomes caught behind your expander, a cotton bud may be used to remove any excess food.
- As you become more accustomed to your expander, you will be able to use your tongue to remove any excess food.
- If food is not effectively removed from your expander, dental decay and gum problems may occur.
- It is important that you brush your expander and your teeth four times per day. This means brushing after every meal and before bed.
- Do not forget to brush and floss the rest of your teeth!

What Should I Eat Now that I have My Expander?

- Initially, the expander will affect your bite and it will take 2-4 days to become accustomed to your new biting pattern.
- Your expander is delicate and easily damaged so what you eat becomes especially important in caring for your appliance.

- **Please avoid:**

Sticky Foods such as caramels, toffee and chewing gum etc.

Hard Foods such as hard-boiled lollies, popcorn and nuts etc.

Sweet (or Acidic) Drinks such as Coke, Diet Coke, Pepsi, Diet Pepsi and any sports drinks

Chewing such foods as chop bones and chicken bones.

- It is important to have a healthy, well balanced diet, including plenty of fruits and vegetables. Even if some foods are hard and crunchy such as stone fruits, apples and carrots. These may be cut into small pieces and chewed on your back teeth.

Turning My Expander

- Your expander should be turned at the same time every day. It is a good idea to mark it down in a calendar or diary.
- Never turn the expander if it feels loose. Please contact the surgery within a few days and make an appointment.
- Lying down is the easiest and best position for you to have your expander turned.
- You will turn the screw yourself each day with a small key until the upper arch has attained the desired width.
- The key is inserted into the screw and is pushed towards the back of the mouth until the next hole appears in the screw.
- Release the tension on the key and it will separate from the screw.
- Well done! You have just completed one whole turn.
- After the turn has been completed, you may experience a tingling sensation and pressure in your cheekbone.
- Never turn the key more than once in a twenty-four hour period.
- Never perform more than one turn in a twenty-four hour period, even if a turn is missed!

Appointments With Dr O'Callaghan

- Please make an appointment with Dr O'Callaghan approximately three weeks after your expander has been inserted.
- If you have any questions or queries, please do not hesitate to contact our Rooms.

What Happens If I Break My Appliance?

- Broken or dislodged appliances are likely to occur from time to time during your orthodontic treatment. If there is any disturbance such as loose bands, broken or poking wires, please call our Rooms and we will evaluate the urgency of your problem and schedule an appointment accordingly. In fairness to the other scheduled patients, we are **unable** to see you for unscheduled appointments **before or after** school. These appointments will need to be made during school hours.