

**LEARN ABOUT**

# EXPANDERS



## How does it work?

- The bands are glued around the teeth to hold the expander in place.
- The springs will slowly widen the palate to make more space for your teeth.

## How does it feel?

- It will temporarily cause a lot of saliva.
- Your tongue doesn't know where to go, so it might feel weird to speak and swallow.
- If you are sore and achy, soft foods and medication can help.
- You will get used to it in a few days

## Next Steps:

- You will schedule check-up visits every 8-12 weeks.
- The expander can stay in for up to 1 year.

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## Cleaning

- Brush your teeth, the expander, and the gumline at least three times a day.
- Use the mini-brush in small areas.
- Mouth rinses, electric toothbrushes, and water flossers can help.



## Eating



- Avoid sticky, chewy and gummy candies/foods.
- Avoid hard foods like nuts, hard candies, and ice.

## Potential Problems

- The metal bands around the teeth can become "loose". Call the office and we will schedule an appointment to repair it.
- Sometimes as the bite changes, certain teeth can become achy for a few days. Please let us know if it doesn't go away.

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