ORTHODONTICS

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.

WWW.DEHAANORTHO.COM

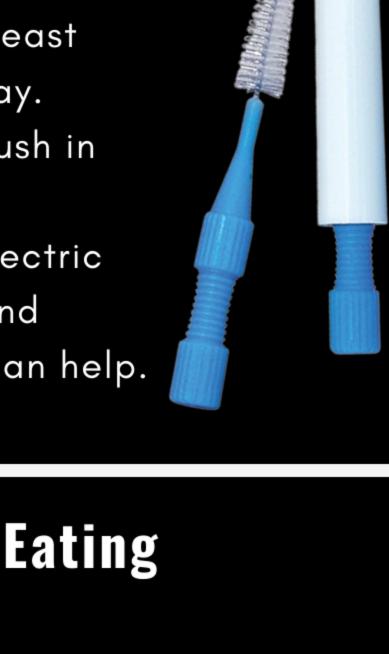
248.391.4477

Cleaning

Brush your teeth, the expander, and

three times a day. Use the mini-brush in small areas. Mouth rinses, electric toothbrushes, and water flossers can help.

the gumline at least



chewy and gummy candies/foods.



nuts, hard candies, and ice.

Avoid sticky,

- **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.

WWW.DEHAANORTHO.COM

248.391.4477