

# Rapid Palatal Expander

## What is an RPE?

It is used to expand you upper arch when it is too narrow to accommodate all of your teeth.

## How does it work?

When you make your turn with the small key we gave you, it will gently expand you upper palate. You should feel some pressure, however, this pressure should go away after about 15 minutes. If you have any undue discomfort for a prolonged period of time, contact our office immediately. The schedule for turning the key to activate the expander is:

\_\_\_\_\_turn(s) daily for \_\_\_\_\_days=total of \_\_\_\_\_turns before next visit.

## What to Expect:

A space may form between your upper two front teeth. This is normal and is, in fact, a good sign. The two halves of the palatal bone are separating in a normal fashion. The palate will naturally grow back together in a relatively short period of time, after the expansion is complete. The teeth will also come back together.

## Oral hygiene

Poor oral hygiene can result in inflammation of the surrounding tissue and/or decay of the adjacent teeth. If this occurs, treatment may need to be interrupted which will prolong the time in appliances and may compromise the result achieved. The teeth, gum tissues, and appliance should be brushed after every meal.

## What can happen?

Should your expander become un-cemented, or should you have any problems with it whatsoever, please get in touch with us immediately. You should also be aware that in severe cases, multiple expansions often separated by months or years may be required to accomplish a satisfactory result. This does not represent a failure of treatment, but a limitation on the amount of expansion which can be accomplished within a single treatment phase due to biological growth constraints.