



RAPID PALATAL EXPANDER

- The RPE is designed to expand or widen your upper arch (jaw).
- You will typically wear this appliance for 4-6 months.
- Your parents or you will activate the appliance using a wrench/key. We recommend that you turn your appliance at the same time of day.
- For the first 2-3 days you will feel some pressure on your upper teeth. Afterwards, it is normal to feel a slight pressure after each turn lasting approximately 15 minutes.
- As you turn your appliance you will notice a space develop between your upper front teeth. This is normal and is a good sign that your appliance is working.
- Brush and rinse your appliance and teeth 2-3 times daily.
- If you have anything loose/broken or any concerns, stop turning and call the office for further instructions.

When you turn your appliance, check it off on the calendar.

Bring this calendar with you to your next visit.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

Turn your appliance _____ a day.