



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.

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