

Rapid Palatal Expander (RPE)



What to expect

- When the rapid palatal expander is first placed, there may be some difficulty with eating & speaking. An increase in salivary flow may also be evident. This is normal & will subside within a few days.
 - A softer diet is recommended to help keep this discomfort to a minimum (ice cream/milkshakes/smoothies, soups, cooked pastas, etc).
- There will be slight pressure in the areas of the teeth, cheek bones and/or bridge of the nose. If needed, an over-the-counter pain reliever may be used for any discomfort.
- A space will begin to open between the front teeth & a shift in biting will occur. Breathing through the nose may become easier.

How to wind the Rapid Palatal Expander

We will review winding with you chairside at the time we bond the appliance and make sure you are comfortable with the technique before you leave the office.

- If needed, an over-the-counter pain reliever may be used for any discomfort.
- A space will begin to open between the front teeth.

1x/day in the evening OR 2x/day, once in the morning & once in the evening

Diet modification

Sticky/Chewy/Hard/Crunchy foods can cause damage to your RPE by causing the bands on the back molar teeth to become loose. Examples are as follows:

- | | | | |
|-------------|-------------------|------------------|-------------------------------|
| • Toffee | • GUM | • Popcorn | Also avoid chewing on: |
| • Taffy | • Swedish Fish | • Mints | • Mouthguards |
| • Skittles | • Sour Patch Kids | • Jolly Ranchers | • Pen caps |
| • Twizzlers | • Milk Duds | • Lollipops | • Pencils |
| • Starburst | • Tootsie Rolls | • Thick pretzels | • Fingernails |
| • Gummy | | • Jawbreakers | |

Oral Hygiene

Brushing & flossing your teeth with your RPE will be more difficult since there are more places for food & plaque to collect. Make sure to brush 3-4x/day and floss nightly. Brush all metal parts of the RPE, including the bands on your back molars and any pieces running across your palate. We find a WaterPik is helpful!!

If any problems occur...

Please call if there are any further questions

If the appliance becomes loose or severe pressure is felt, DO NOT continue to wind it. Call the office as soon as possible to schedule an appointment.

Please call if there are any further questions

500 Federal Street • Suite 600 • Troy, NY 12180
Phone: 518-274-4322

30 Round Lake Road • Ballston Lake, NY 12019
Phone: 518-400-1200