



RPE/Expander Instructions

RPE, or Rapid Palatal Expander, is an appliance used to help correct jaw width, crowding, and correct cross bites. This appliance can be used in the first phase of orthodontic treatment in preparation of Phase 2 orthodontic treatment.



Foods to avoid:

Avoid foods that are hard and/or sticky. Examples include gum, caramel, taffy, Tootsie Rolls, fruit snacks, hard candy, crisp vegetables, crunchy fruits, hard breads/crackers, pizza crusts, pretzels, popcorn, etc. Cut all meat off bone, corn off cobs, and peel and slice fruits and vegetables to promote easier consumption and reduce appliance breakage.

Absolutely no chewing on pens, pencils, erasers, ice, fingernails, etc.!



Be very careful with hot or spicy foods. They can get stuck under the appliance and burn your mouth until you can properly rinse it out.

Expander care:

- Do not pick, pull, or play with the appliance in your mouth.
- Continue to brush and floss as normal. Be mindful to brush your tongue and the gum tissue around your appliance. Dr. Smith highly encourages the use of Waterpiks to promote and maintain optimal oral hygiene health.
- If the appliance rubs your cheek or tongue, please use wax to cover the rough spots and prevent discomfort.
- If the appliance feels loose, stop turning it until we see you and give you further instructions. The appliance may need to be re-cemented.
- Keep track of your key! There is a \$20 fee for each replacement key.

Turning instructions:

Always place the key into the hole in the center of the appliance and gently push towards the back of the throat. Carefully take the key out of the hole, being mindful not to reverse the turn just made.

TURN UPPER APPLIANCE _____TIME(S) per day every other day every 3rd day
FOR _____TURNS

PLEASE ONLY TURN YOUR RPE AS INSTRUCTED!

Do not exceed the number of turns or amount of time Dr. Smith specifies!

Smith Smile Orthodontics
Call or Text: (678) 905-0300
Email: frontoffice@smithsmile.com

Marietta:

2323 Shallowford Rd.
Suite 101
Marietta, GA 30066

Canton:

3755 Sixes Rd.
Suite 200
Canton, GA 30114