



HILLSIDE VIEW ORTHODONTICS

BY IKEDA + RIGHELLIS

Rapid Palatal Expander (RPE)

You now have a palatal expander (also known as a butterfly appliance in our office) in your mouth! It is designed to reshape your upper arch and provide adequate space for your teeth.

INSTRUCTION

- Your appliance must be activated once a day until you are advised to stop.
- Insert the “key” we provide you into the hole located in the middle of the appliance. Push the key towards the back of the mouth until you see the next hole appear. Stop. It is now in position for tomorrow’s activation.
- Set aside a certain time each day so the turning is not forgotten. We recommend turning at least 30 minutes before bedtime.
- You may feel some pressure as the appliance is activated and possibly a “tingling” sensation at the bridge of your nose. This will go away quickly. If your teeth feel tender, you can take over-the-counter pain relievers to alleviate the discomfort. Eat softer foods until the soreness passes.
- As a result of the activation, you **may see a space developing between your two front teeth**. This is a sign that your RPE is working! The space should close slightly once the expansion is completed. If your treatment plans include front braces, they will achieve full space closure.
- You may notice a change in speech for a while. Speak slowly at first so your tongue can get used to talking with the appliance. You may also notice excessive saliva during the getting-used-to process. Try reading a book aloud.

CAUTION

- Avoid hard, sticky, and chewy foods so your appliance will stay on securely.
- No popcorn or nuts.
- If you notice it come loose, please call us for an appointment.