

## **RAPID PALATAL EXPANDER (RPE)**



- A highly specialized, custom-made device designed to gently reshape and widen the upper jaw
- Securely attached to the teeth
- Mouth may feel quite full
- May notice more saliva, and speech may also be slightly affected
- Will take a few days to get adjusted to it

### **Mechanism:**

- A center screw mechanism built into the appliance
- It is adjusted by placing a special key, which we will provide, into the keyhole and gently pushing the key in the direction of the arrow toward the back of the mouth
- Follow the schedule we provide for turning the screw
- After the screw has been turned, the mouth may feel slightly uncomfortable
- Itching or tingling sensation in the roof of the mouth or on the bridge of the nose may be noticed
- A space opening between the two front teeth will appear, this space is only temporary
- Once the desired amount of correction is achieved, you will be instructed to stop adjusting it and continue to wear it for a few more months to maintain the correction
- You will be seen at regular intervals to have your appliance checked

Example of **foods to avoid**: sticky foods such as chewing gum, caramels, or gummy bears, and hard foods such as nuts, or peanut brittle.

If you notice any problems with your appliance, please call our office immediately and explain that you are wearing an “RPE”. If you notice that your appliance is loose, you must stop turning it. If this happens on a weekend or a time when our office is closed, leave a message on our answering machine, and we will contact you as soon as possible. During that time make sure you are extra careful when you are eating, and make sure that you brush thoroughly and carefully around the loose side of your appliance. If you require immediate attention you may wish to contact your family dentist, an emergency dental clinic, or your hospital. Please bear in mind that you may be charged for these emergency appointments.

If you have any questions send an email to [info@mybraceland.com](mailto:info@mybraceland.com)