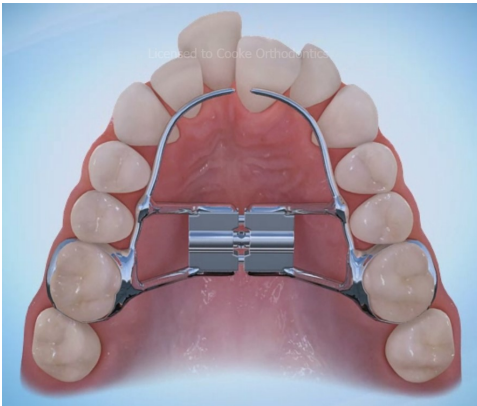


Hyrax Instructions: How to care for your upper expander

Speech and swallow: You will have more saliva in your mouth for a few days until your brain gets the idea that the expander is not something to eat. During your adjustment period you will have to swallow more often. If you are having difficulty swallowing then take small sips of water and you will learn to swallow. If you are having trouble speaking then read out loud to yourself.



Turn: You should turn your Hyrax expander 1 time per day on Mondays, Wednesdays and Fridays. After you expand the expander you should expect it to feel tight for about one hour. You are choosing to turn your expander on the evenings of every Monday, Wednesday & Friday.

Turn key: The key used to turn your expander will need to be put in a safe place. The place you are choosing to keep it safe is: in your retainer case in the bathroom.

Food: At the end of each meal you will need to brush both your teeth and the expander. Do not chew gum or anything sticky because it will dislodge or stick to the expander.

Care: Brush your expander when you brush your teeth. Brush along the gum line so that your gums do not become inflamed.

Spaces: You may get large spaces between your teeth and your jaw will be over expanded initially. This is good. Those spaces will be brought together after the expander is taken off and the over-expansion will relapse some and that will give us room for all your teeth. Our goal is to avoid extracting permanent teeth.

Rough spots: We try to make sure everything is smooth before you leave the office. However, your tongue and lips can find areas that we can not. Please put wax over the rough spot. If the irritation does not go away, please call the office.

Loose Appliance: Sometimes part of the appliance may come loose. If this happens stop turning the appliance and call our office to let us know and we will correct the problem. If it is not causing pain, it can wait to be fixed until the next day or over the weekend.