

Rapid Palate Expander (R.P.E)

This special appliance (attached with bands) widens the roof of your mouth by gently separating the elastic membrane in the center of your palate. This appliance helps to expand the upper jaw so it fits with the lower jaw and to make room for crowded teeth. Once the palate has been fully expanded, new bone tissue fills that space.



How long will it take?

- This usually takes about 2 weeks to achieve our expansion
- The appliance remains in place for 3 months to allow new bone tissue to generate in the expanded jaw.

Will I feel it moving?

- You may sense some initial pressure, which may cause “tingling” or “itching” under the appliance or on the bridge of your nose.
- You will see a **temporary space** between your two front teeth.

What should I do during the expansion period?

- Use your toothbrush carefully around the special appliance.
- Use Listerine to keep your mouth free of spoiled, irritating food particles.
- Take Advil for any discomfort

How is the appliance activated?

- You or one of your parents must “activate” your appliance as instructed by Dr. Webb.
- The appliance is turned **TWICE** a day, in the morning & again in the evening for **TWO** weeks (or unless directed otherwise).
- **Insert the Key** carefully into the hole in the front part of the appliance. Make sure the key is firmly in place.
- **Push the Key** gently and steadily from the front toward the back of your mouth (towards the throat). **DO NOT BACK THE KEY UP!**
- When you see the new key hole, remove the key. The appliance will now be ready for the next turn.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
a.m. <input type="checkbox"/>	a.m. <input type="checkbox"/>	a.m. <input type="checkbox"/>	a.m. <input type="checkbox"/>	a.m. <input type="checkbox"/>	a.m. <input type="checkbox"/>	a.m. <input type="checkbox"/>
p.m. <input type="checkbox"/>	p.m. <input type="checkbox"/>	p.m. <input type="checkbox"/>	p.m. <input type="checkbox"/>	p.m. <input type="checkbox"/>	p.m. <input type="checkbox"/>	p.m. <input type="checkbox"/>
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
a.m. <input type="checkbox"/>	a.m. <input type="checkbox"/>	a.m. <input type="checkbox"/>	a.m. <input type="checkbox"/>	a.m. <input type="checkbox"/>	a.m. <input type="checkbox"/>	a.m. <input type="checkbox"/>
p.m. <input type="checkbox"/>	p.m. <input type="checkbox"/>	p.m. <input type="checkbox"/>	p.m. <input type="checkbox"/>	p.m. <input type="checkbox"/>	p.m. <input type="checkbox"/>	p.m. <input type="checkbox"/>



Tips for Parents...

- Closely follow the schedule and instructions given
- Do not rush or delay the activation of the appliance
- Be sure the appliance is carefully cleaned after each meal

