

# 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 about 3 months to allow new bone tissue to generate in your expanded jaw.

## Will I feel it moving?

- You may sense some initial pressure, causing a tingling or itch under your 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. (Fig. A)
- The appliance is turned twice a day, once in the morning and again in the evening for two weeks (or unless we direct you 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 up. You automatically bring a new key hole forward by pushing the key as far back as possible. Once you see the new key hole, remove the key. The appliance will now be ready for the next activation.



## Tips for Parents...

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



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