



Associated  
Orthodontists

EST. 1969



## Expander

An expander is an orthodontic appliance used to widen the upper jaw to correct cross bites and eliminate crowding.

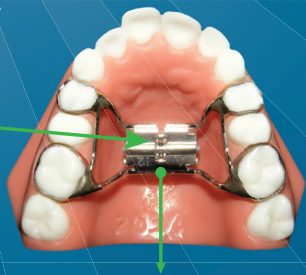
### WHAT TO EXPECT

- You may experience pressure by your front teeth, nose, cheeks and forehead.
- Your tongue may get irritated from coming in contact with the appliance.
- It will take several days to get used to.
- Speech will be affected at first, but will return to normal.
- Excess salivation is common for the first few days.
- May result in a gap between the 2 front teeth that usually self-corrects with time.
- The average amount of time to have an expander is 6-9 months.

### HOW TO TURN

- Insert the key into the hole or slot in the middle of the appliance.
- Gently push the key from the front of the mouth towards the back of the mouth. As you are pushing backwards, the next key hole will appear.
- After turning, remove the key TOWARDS the back of the mouth. BE CAREFUL NOT TO UNTURN THE SCREW.

Key Hole



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