

### **Maxillary Expander Instructions**



**Turning Protocol:**  
**2x/day for the 1st week**  
**1x/day for the following 2 weeks**  
**(28 turns total over 3 weeks)**

### **What a Maxillary Expander does:**

1. A Maxillary Expander widens the upper jaw to improve the bite and increase space for alignment or eruption of permanent teeth.

### **Important Considerations:**

1. A maxillary expander does not cause pain.
2. It takes 4-7 days to become accustomed to eating and speaking with the expander.
3. A milkshake or smoothie after placement can help with getting used to swallowing with the tongue in a slightly different position.
4. Many video resources are available online that demonstrate how to properly (turn/activate) the expander.
5. Space will develop between the upper front teeth during expansion. This is normal and is a sign that expansion is successful.
6. Maxillary expanders are kept in place typically for 9-12 months to allow the bones of the upper jaw to stabilize after expansion.

### **Advantages of a Maxillary Expander:**

1. Since the maxillary expander is fixed in place, it is always working. The patient does not have to worry about taking a removable appliance in or out of their mouth.
2. It helps to improve the skeletal structure of the upper jaw, allowing for improved growth and development.
3. It improves smile esthetics and the function of the bite.
4. It can prevent the future need for jaw surgery or permanent tooth extraction in some patients.

**We are here to help you! Call us at 610-615-3166 with any questions - we would love to assist you!**

*"The path we take together is just as important as the final result"*  
*DCO Orthodontic Specialists*