



Removable Expanders

Do...

- Wear your expander full time or as instructed, except during sports, eating and brushing; wearing it part time will increase treatment time and may compromise the result
- Turn the expansion screw as instructed. Try to be consistent with the day of the week and time, so you don't forget
- Bring you expander with you to every appointment
- Keep your expander in the case when it is not in your mouth
- Brush your expander 2 times per day with your toothbrush, toothpaste and cool water
- Soak your expander in mouthwash, if desired
- Call the office immediately if your expander is lost
- Keep your expander away from pets

Don't...

- Ever wrap your expander in a Kleenex or napkin
- Place your expander in hot water or near a source of heat
- Take your expander into the cafeteria at school
- Click your expander in and out or the clasps may break



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