



Fixed Palatal Expanders

Do...

- Expect some soreness in your upper teeth for approximately 2 days
- Turn the appliance as instructed 1 time each day – brush your teeth and appliance first
- Call our office if you have trouble turning the appliance
- Expect a space to occur between your upper front teeth
- Avoid chewy, sticky, hard and crunchy foods
- Call the office immediately if your appliance becomes loose

Don't...

- Turn your appliance more than instructed; if you miss a day do not turn it 2 times the next day
- Pull on the appliance with your fingers



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