



# Peel Orthodontics

More Than A Smile



## RAPID MAXILLIARY EXPANDER

*Your Rapid Maxillary Expansion (RME) appliance is designed to make your upper jaw wider, and it will also tip your upper teeth outwards.*

*Please ensure you see your family dentist every six months for a professional clean and dental examination.*

## INTRODUCTION

*For the first few days your RME will feel strange and bulky, you will notice that:*

- You produce more saliva, and eating and swallowing is more difficult at first.*
- It may cause an indentation of the tongue; keep this clean, by brushing it. It should settle within a few days.*
- Your speech is affected. The best way to overcome this is to read out loud and practise hard words for ten minutes a day.*
- You will be surprised how quickly you will adapt.*



## DIET

*Biting down on hard and sticky foods can loosen your RME which slows down treatment. To avoid this occurring, try to avoid hard food like popcorn, biting on ice, sticky and chewy lollies, roll ups and chewy muesli bars.*



## EXPANSION

*Turn the screw as directed by your doctor. The mouth should be opened wide. Place the blue key into the expansion screw as shown in the appointment. Push towards the back of the mouth until you cannot go any further and you can see the next hole appear. Make sure not to undo the turn when removing the blue key.*

## CLEANING

*It is important to clean around your bands to avoid any food becoming stuck. Use interdental brushes and floss in these areas as directed by our staff when your appliance was fitted. In addition to this, you should always use a fluoride mouth rinse and toothpaste. Follow the directions on the label.*

*When the screw is turned, your RME will feel tight for a few minutes, and then the pressure should ease off. You should not experience any pain with your appliance as it is a passive appliance once a turn has been made.*

*After several days, a gap will appear between your front teeth, this is normal, and will gradually close back over the next few days.*

## CONTACT US

*If you have any queries, please contact us on 9586 9653, [info@peelorthodontics.com](mailto:info@peelorthodontics.com), or private message through Facebook. There is an emergency page on our website at [www.morethanasmile.com.au](http://www.morethanasmile.com.au) . If you still require assistance after hours, please leave a voice message on 0444 579 936 and someone will get back to you.*

