



Date: ____/____/____

Assistant Name: _____

Patient Name: _____

Maxillary Expansion Appliances

The appliance given to you will widen (expand) your upper jaw. The key that we gave you fits into the appliance. The key is put into the appliance and pushed backward to turn the expansion screw. Push the key backward as far as it will go, so that the key can be put into the appliance for the next turn. Either you or your parent can turn the expansion screw with the key.

The schedule for turning the appliance with the key is as follows:

_____ turn(s) daily for _____ days = total of _____ turns

Please follow the suggested schedule. Too many turns may cause discomfort. Too few turns will not produce the desired results.

If you feel extreme pain or dizziness, stop turning the appliance and call the office.

Please keep a long piece of string attached to the expansion key to avoid accidental swallowing of the key when turning the appliance.

A space will open between the upper front teeth as the appliance widens the arch. Do not get alarmed, this is an expected change. The space will disappear as the front teeth come back together after the desired expansion has occurred.

Please use your toothbrush to clean the teeth and appliance. With good oral hygiene, you will protect against cavities and gum disease.

Should you have any questions about the appliance please contact our office at (916) 442-SURF (7873).

Thank You,

Surfside Kids Dental Team