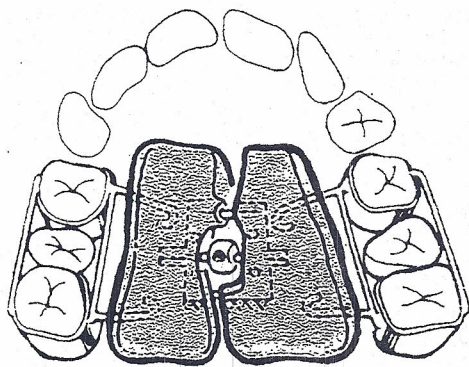


Palatal Spreading Device



There are certain types of orthodontic problems that are caused by the lack of enough bone growth to accommodate the upper teeth. In other cases there is room for the upper teeth but the palate, or roof of the mouth, is so narrow that speech is impaired or made difficult. In still another type, the palate is so high that it actually cuts down on the amount of air that can pass through the nose, so that deep breathing, without opening the mouth, is almost impossible. In all of these cases, a palate spreading device is most helpful.

Well, that sounds pretty drastic, doesn't it? Surprisingly, though, it really isn't. The maxilla, or upper jaw, is joined in the center by a suture, or joint, which allows it to be painlessly separated and spread. Temporarily you may see a space develop between your upper two front teeth. This will slowly go away in a few days. Once this has occurred, the two halves knit back together and new bone is laid down to make the jaw wider.

So that's how your palatal spreading device works. It won't hurt. Your teeth will be a bit uncomfortable for a day or two, and sometimes, about a week after the device is cemented into place, you may feel a little "itching" in the roof of your mouth. Don't worry, this is normal, because the fibers there stretch and expand.

TURNING INSTRUCTIONS



This palatal spreading device is cemented in place and the screw must be turned by you or your parents each day—usually once in the morning.

The key is inserted into the hole and then pushed all the way to the back of the throat. This will bring the next hole into view. The string is always looped around the finger or over the wrist, as desired, to prevent the possibility of your swallowing it.

Another type requires a small wrench that fits on a slot that you push toward the back of the mouth.

After the palate has been widened enough, it is necessary to hold it so new bone will fill in the space. Plastic is sometimes added to the jack-screw so it becomes a stable splint.

SPECIAL CARE MUST BE GIVEN TO KEEP THIS APPLIANCE CLEAN:

1. Brush as usual
2. Use the water spray or oral lavage to flush out between the plastic and the roof of your mouth
3. Use your favorite mouthwash to swish it clean



REVIEW YOUR DO'S AND DON'TS ABOUT FOODS!
One More Thing With This Appliance...
Absolutely No Gum Chewing!!!
What a Mess!

Now that you have a palate expander, you must understand that extreme care of the mouth is necessary during treatment. You must be very careful about the types of food you eat and about the manner in which you eat them. Hard foods and sticky foods such as caramels do a great deal of damage to the appliances.

If you have any problems or questions please feel free to call.

THINGS YOU SHOULDN'T EAT:

STICKY:

GUM
NOW-N-LATERS
TAFFY
STARBURST
GUMMI BEARS
GUMMI WORMS
SWEDISH FISH
TWIZZLERS
JELLY BEANS
TOOTSIE ROLLS
CARAMELS
SNICKERS
MILKY WAYS

HARD:

NUTS (ALL KINDS)
ICE CUBES
DORITOS
HARD ROLLS/ BREAD
PIZZA CRUST
ROCK CANDY
CRACKER JACKS
CANDY APPLES
JAW BREAKERS
BLOW POPS
TOOTSIE ROLL POPS
POPCORN
PRETZELS

CUT INTO SMALL PIECES:

RAW VEGETABLES:

CARROTS
CELERY
RADISHES

HARD FRUITS:

APPLES
PEARS

CUT CORN OFF THE COB!

CUT MEAT OFF THE BONES!

PULL BAGELS APART!

(SMALL PIECES)