

**EXPANDER INSTRUCTIONS**

This expander that was fabricated for you is a very important and necessary appliance to widen your upper arch.

The expander should at first be turned **ONE TIME PER DAY FOR 21 TURNS.**

You may be instructed to turn more at your next visit.

**Basic Instructions to follow:**

- Some temporary discomfort may be experienced during the first night or two.
- Take Tylenol or Ibuprofen at bed time if needed.
- Please avoid sticky foods such as peanut butter, taffy, and licorice.
- You may also see a space develop between your front teeth. That is a good sign that it is working properly and typically that space will close back up on its own.

If you are having trouble turning the expander please contact our office immediately.

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<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>

<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
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