



INSTRUCTIONS FOR CARE AND WEAR OF YOUR RAPID PALATAL EXPANDER “RPE”

Purpose: The RPE is designed to widen the upper jaw with the least amount of effort. For more information, please refer to our website CartwrightOrthodontics.com.

Function: It is recommended that you turn your appliance the recommended number of turns/day for the amount of time discussed at your appointment. If you don't recall, please call our office and we will let you know what was discussed.

Instructional Video: For a video tutorial on turning the RPE please go to:
www.CartwrightOrthodontics.com > Our Services > Orthodontic Appliances > Palatal Expanders

Sensitivity: Initially, you may experience discomfort when the appliance is turned. It may be anything from a headache to discomfort under your eyes, across the bridge of your nose, or in your mouth in general. All of this is expected and is considered normal. After the first couple of days this should become more comfortable for you. Also, a gap should appear between your front teeth after a few days of turning. This will eventually close after a few weeks.

Cleaning: Cleaning the RPE is done by brushing all the wires and bands with your regular toothbrush and toothpaste.

Appointments: We will need to see you periodically until the expansion is complete. These appliances work very quickly, usually from 2-4 weeks, and it is important to regularly monitor their progress. The RPE will then stay in place without adjustment for 5 months to allow bone to fill into the new shape of the upper jaw. Braces are usually placed 4-6 weeks after the expansion is completed.

As always, if you have any questions or problems, please call our office as soon as possible.

Dr. Gary Cartwright and Staff