



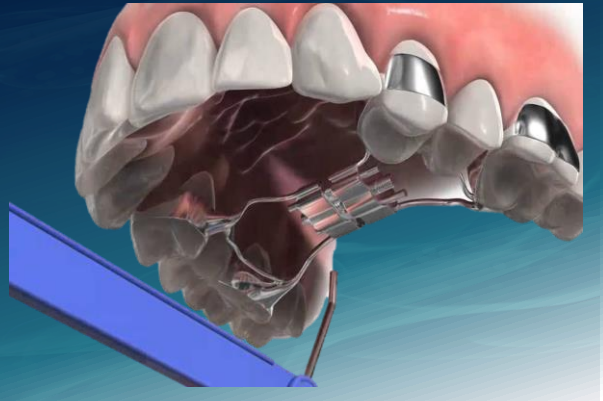
SMART
ALIGNERS



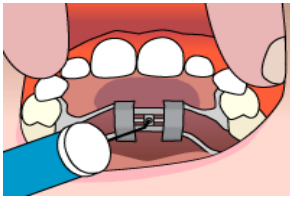
**Adjusting your
Expander**

ADJUSTING THE PALATAL EXPANDER

After two or three days, you will be fully accustomed to the Expander. Then you will need to activate it according to your doctor's instruction.

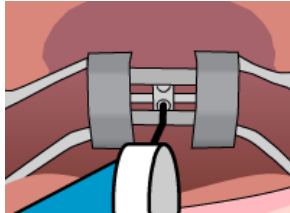


HOW IS THE PALATAL EXPANDER ADJUSTED?



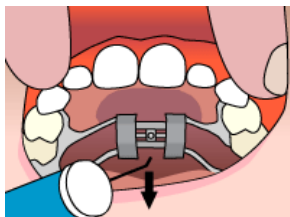
Step 1

Place the key in the hole on the adjustment wheel until it is firmly in place.



Step 2

Push the key toward the back of the mouth. You will notice the fender will rotate and the new hole will appear. The rotation stops when the key meets the back of the expander.



Step 3

Press back and down toward the tongue to remove the key. The next hole for insertion of the key should now be visible.



Patients tolerate expansion very well! It does not hurt them but can be stressful to the person who is activating the expander. The number-one mistake is getting stuck in what we call “No Man’s Land.” This is when the expander is not turned fully to expose the next full hole. Don’t worry, you can’t turn it too far, but you can turn it not far enough!

How to Clean Palate Expanders

For the best results, most patients brush their appliance and teeth in between meals. Antimicrobial mouthwash can also help remove any food and bacteria stuck under the expander. Extra time will be needed when brushing to keep the expander free of food and plaque.

ADJUSTING THE REMOVABLE EXPANDER

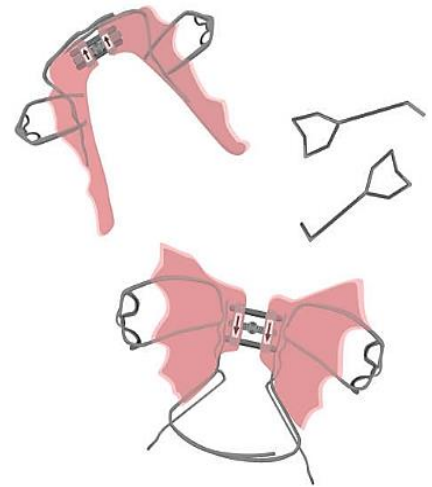
The device is removable. It fits behind the teeth and is not very visible. Most patients require between two to three days to become accustomed to the device. During this time, some changes in speech may be expected.



HOW TO ADJUST - ACTIVATION

Activation is needed according to the Doctor's instructions

- Place the key into any of the holes on the adjustment wheel.
- Turn the key in the direction indicated by the arrow. The arrow is in the plastic and next to the adjustment wheel.
- Turn the key a quarter turn or until the key touches the stop.
- After adjusting, place the appliance in the patient's mouth and make certain that the appliance seats completely using both hands to firmly push the appliance to place on both sides of the mouth.



It is critical that the appliance be fully seated all the time it is worn in the mouth. If the device starts to ride up on the teeth from improper seating, a new Expander will need to be made.

CARE OF THE EXPANDER

The device should be removed while eating and brushing the teeth. It can be worn during sports. When the expander is not in the mouth, it should be kept in the protective case provided. The expander should be cleaned with a soft-bristled brush, or with soap and warm water. Do not put it into hot water.



Phone: 914-619-4991
info@bmortholab.com
www.bmortholab.com