

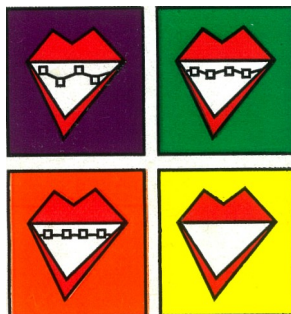
Remember, you still need to see your local dentist every six months for regular dental care whilst undergoing orthodontic treatment. We can work as a team together, but it is your responsibility to keep your teeth clean and help with your treatment.



YOUR GOAL IS.. 30 TURNS!

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Please tick off each box for each turn you make on your appliance



Dr. Nevenka Tadic
40 Droop Street, Footscray VIC

Specialist Orthodontist for Adults and children

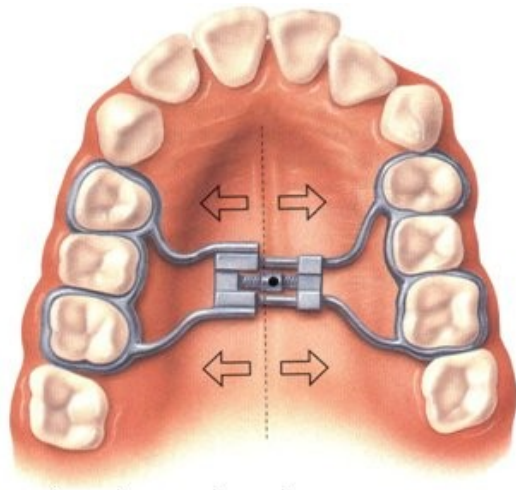


Dr. Nevenka Tadic

**Helpful Hints
following a
Placement of a
Palatal
Expander**

Telephone: (03) 9689 8211

The Rapid Palatal Expander appliance or RPE is used to widen your upper arch and provides more space for the permanent teeth. It also can help to achieve a better balance between the upper and lower jaws.



Example of Palatal Expander

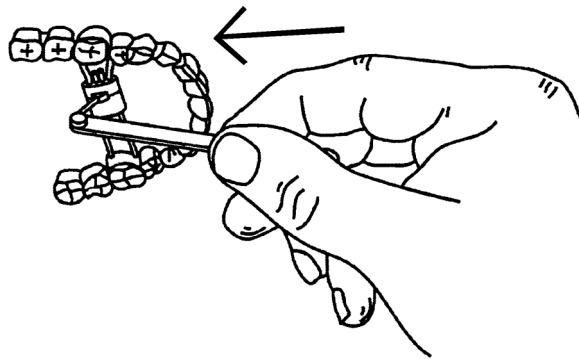
The palatal expander or RPE is a fixed appliance which needs to be activated daily. Your Orthodontist will instruct you in this procedure.

This appliance is cemented into place. If, at any stage it becomes loose or feels different in any way, please call immediately to book an appointment.

How to activate the RPE?

You will require the use of a key which is inserted into the hole, which is situated on the middle bar of the appliance. Gently push the key towards the back of the mouth until you see a new hole appear. By doing this, you gradually widen the upper arch.

Activation of RPE



You may also initially notice a change in your speech. Speak slowly and clearly until your tongue adapts to change.



Please remember that you still need to thoroughly clean your teeth and appliance. A small headed soft bristled toothbrush is helpful in cleaning around the expansion appliance.

It is absolutely imperative that you do not eat any sticky, chewy or hard foods and keep away from fizzy drinks as they are high in sugar, which is detrimental to your teeth.

When your expander treatment is complete, an additional 'retainer' plate may be required.

