

CENTURY ORTHODONTICS

OUR THIRD CENTURY OF ORTHODONTIC EXCELLENCE

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Expander Appliances

1. You have been shown how to activate your appliance today.
Turn the screw hole (1/4 of a full turn) as instructed.
2. Wear the appliance for one week before starting the turns and mark your calendar so you remember to activate the appliance. Never turn the screw more times or more frequently than instructed.
3. The rate of turning is based on full time wear. If for any reason the appliance is not worn as instructed the rate of expansion (turning of screw) must be decreased. With less than ideal wear you may find that activating the appliance once every two weeks may be all that is possible and still have the appliance fit and work. Expanding without enough wear causes the appliance to fit worse and worse. It may even be necessary to back up 1 or more turns to make the appliance fit again. It is far better to turn at a slower rate than to try and turn every week and have it not fit!
4. If the appliance does not fit, or is lost, we need to see you immediately. Whatever progress has been made is not stable at this time. We may have to start all over if too much time goes by without wearing the appliance.
5. To double check that the expansion is going well; turn the screw backwards and count the number of turns back to the beginning before each week's activation. Then count turns forward: 1 turn more than the number of turns you had counted when going backward.

Example:

After 6 weeks you are ready for the next activation. You count as you turn the screw backward until you can no longer turn the screw and the split is very small. You counted 4 turns (which is right since the first week it was worn without expansion and you missed one week's activation when you forgot to do it). Now turn forward 5 turns and you should be at the right point.

6. Always call us if you have a problem. Never try to "get by" until the next appointment. Expansion relapses very quickly if the appliance is not worn, broken, or fits incorrectly.