

Life with Your Palatal Expander

A palatal expander is an appliance that rests by the roof of your mouth. It widens your upper jaw, to help correct the bite.

The palatal expander is usually adjusted for a number of weeks, and then is left in place for three months to let the teeth stabilize in the new position.

At first, the expander can feel tight on the teeth, and can take a few days to get used to. It may be difficult to speak clearly at first, but don't worry—this will pass! It also might make you salivate a little more than usual, and may be irritating to the tongue. This also will pass!

As the expander works, you may notice a space opening between your two front teeth. This is a sign that the expander is working, and the space will close again later.

Make sure you keep the expander clean, by brushing the expander carefully after every meal to make sure there is no food stuck beneath it!

Thank You!
