



RAPID MAXILLARY EXPANDER (RME)

Instructions

WHAT IS A RME?

A RME can be used in a growing patient to:

1. Widen the upper jaw
2. Create room for eruption of the permanent teeth
3. Enhance the smile aesthetics
4. Improve co-ordination between the upper and lower jaws

HOW DOES IT WORK?

It is cemented (glued) in and pushes against the sides of the molar teeth. When young the upper jaw is 2 separate plates with an open suture down the middle, the expander pushes the two halves of the jaw away from each other making it larger. The teeth are also expanded dentally.

ACTIVATION

You need to use the key provided. **Your expander will be activated once a day for a total of 21 turns then STOP.**

- Lie on your back on a flat surface (couch or bed) where there is light or use the torch app on the phone
- Place the key in the front hole, towards the front teeth. Ensure the key is fully inserted to the step in the key.
- Slowly push the key towards the back of the mouth until it won't go any further. You should be able to see the new hole at the front.
- Carefully remove the key by pushing backwards and downwards to avoid undoing the turn
- Check to see the next hole is visible

Mark the turns below, or set a reminder on your phone.

Week 1							
Week 2							
Week 3							

If you miss a turn, do 2 the next day or add a day at the end. Stop after doing the recommended number of turns.

<https://dentalmovies.com/movies/how-to-turn-your-expander/>

Once the orthodontist is happy with the amount of expansion, the RME will stay in place for another 6 months while new bone forms.

WHAT TO EXPECT

SALIVA

Your body will produce excess saliva as it adapts to the appliance. This will settle.

SWALLOWING

This may feel uncomfortable as the tongue gets used to the appliance. Sipping water for the rest of the day will help your tongue adapt. Within a few days, it will feel normal.

SPEECH

In the first few days your speech will be affected as your tongue adapts to the RME. This will reduce with time and practice. Reading out loud will help you adapt faster.

PRESSURE

When the RME is activated, you may feel pressure across the jaw and cheek area. This will subside in a couple of minutes

GAP BETWEEN YOUR FRONT TEETH

This is a good sign the RME is working. This space is temporary and will close by itself.

GROOVE ON TONGUE

The expander may leave a groove on your tongue. So long as this is kept clean it will not cause any problems.

YOUR BITE

Your bite will feel unusual as the upper jaw expands. This is normal and will be addressed later in treatment.

EATING

Eating will be difficult for the first week or so. Cut food into small pieces and eat soft foods until you are more comfortable. You must avoid sticky, chewy, hard foods (see list) and sugary foods and drinks.

Hard food	Sticky food	Whole food
Ice cubes		Apples
Nuts/nut bars	Sticky lollies	Carrots
Popcorn kernels	Minties	Crusty rolls
Pretzels	Fantales	Bones (pork crackle, spare ribs etc)
Hard shell tacos	Toffees	Corn on the cob
Corn chips	Liquorice	
Hard chocolate	Caramels	
Nail biting	Muesli bars	
Pens and pencils		

CLEANING

Your RME needs to be cleaned **at least twice a day**, every day. Brush the whole appliance the same way you brush your teeth. Use interdental brushes to clean between the plate and the roof of the mouth.

When at school, rinse your mouth out with water to remove food that may get caught. Keep a Pikster in your bag in case required.

OTHER

If you have any problems please contact our friendly team on [9297 6823](tel:92976823) or email reception@ebortho.com.au