

Does my child need an expander ?

Only a board-certified orthodontist can answer your question for certain, but in the interim, try :

Dr. Spokane's 7mm Test

Generally, the mouth needs 7mm of space on either side of the front teeth to give the lateral incisors room to grow in.

This simple do-it-yourself test will help determine if your child should see an orthodontist.



Cut out and use this gauge. The tip is 7mm and should fit in the space next to the front teeth.



This is the space to measure!

Still uncertain? See a board-certified orthodontist for a consult and one simple X-ray at no cost.