

## **EXPANDER REMOVAL**

WOOHOO! Congratulations on *finally* having your expander removed. You did a great job and your teeth are on track to perfection! Our team is super proud of you! Please keep in mind the following:

- **The roof of the mouth is red, irritated and “raw” looking?**
  - The roof of the mouth needs to adjust after expander removal. You **MUST** brush this area thoroughly. It will return to normal. There may be some bleeding when brushing but **DO NOT** let this discourage you. Bleeding is your mouth’s way of cleaning itself out while returning to normal.
- **The roof of the mouth feels numb and tingly?**
  - This is normal also considering you have not brushed or touched the roof of your mouth in a very long time. Within the next day or two, this feeling will go away.
- **Talking funny?**
  - Remember when you talked funny when the expander was placed? The same thing happens when the expander is removed. The more you talk out loud, the faster your mouth will adjust to not having the expander and speech will return to normal in a few days.
- **Should we continue the special Toothpastes, Rinses and Probiotics?**
  - We highly recommend the continued use of the Xylitol Products, David’s Hydroxyapatite Paste and Oral Probiotics to replenish the “good bacteria” in your mouth.

### **IF YOU ARE WEARING THE EXPANDER AS A REMOVABLE APPLIANCE:**

Sometimes after removing the expander, the doctors want it worn it as a retainer to hold the width we have created while awaiting the eruption of additional permanent teeth. If this is the case in your treatment:

- **Wear your expander 24/7, including eating.**
  - Only remove your expander when brushing your teeth or immediately after eating. Brush the teeth, roof of your mouth and expander thoroughly prior to putting it back in. Please soak your expander in hydrogen peroxide once per day to help keep it clean and germ free.
- **Purchase David’s Hydroxyapatite Paste at our front desk if you already do not have it at home.**
  - Food, plaque, and acid will now get underneath of the expander. This increases the risk for cavities or decalcification. Hydroxyapatite paste will help to prevent this risk.
  - After brushing, place a small amount of David’s Hydroxyapatite Paste in the expander in the morning, after school and before bed before placing the expander on the teeth.
- The doctor will evaluate the removable expander at every visit and will inform you when it can be eliminated. If we are awaiting the eruption of additional permanent teeth prior to placing braces, your next few appointments may be virtual! We will let you know if that is possible.