

The Removable Palatal Expander (PSA) is an appliance worn in the mouth to expand the upper jaw which creates more space for the teeth and to allow a better fit with the lower jaw.

To be effective, it must be worn and taken care of as directed by our office. Below is some important information to help you achieve the best results.

Kadar guides for a great result!

- The expander will remain in your mouth for about 6 months.
- To activate the expander, turn the key once every 5 days until you are instructed to stop.
- Activate the expander at the same time each day (at least one half hour before dinner.)
- Activate the expander **out of the mouth**:
 - a. Extend the metal swivel on the key-place end into the hole.
 - b. Push towards the direction of the arrow.
 - c. Do not stop or pull key out until you see the new hole appear and you can no longer push the key.
- Most expanders are turned a total of 24-40 times.
- Some patients feel the following side effects:
 - a. Pressure for 5 to 30 minutes. This pressure may be felt from the upper teeth to the temple area
 - b. A space may begin to develop between the two upper front teeth. This space typically closes after the final turn.
- It is important to do everything with your mouth slowly. Eat, talk, and swallow very slowly for the first few days. After three days, you will feel better and after 7 days you will be fully adjusted to your new appliance. Some patients might notice an increase in salivation because the mouth thinks that the expander is food. This will also improve with time.
- **Important Note:** If you miss the next scheduled appointment, do not turn the expander more than 24 turns. Contact our office at 856.582.1400 if you have any questions about your Removable Palatal Expander.