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WHEN YOUR EXPANDER IS REMOVED

Because the roof of your mouth has been covered for several months, it will feel quite unusual and somewhat sensitive to having it “uncovered” (you will experience a sensation similar to having an arm or leg cast removed after several months of wear). This sensation will begin to subside immediately and will disappear by the next day. Oral rinsing with lukewarm salt water may speed your mouth back to its normal feeling.

If you had any loose primary (baby) teeth when your expander was placed, there is a possibility that the loose teeth will come out when the expander is removed. This is not unusual and will not cause any discomfort.

Although your mouth should not hurt in any way, you may notice redness of your palate, especially along the gumline. You will also notice a slight “imprint” in your palate from your expander. The redness and “imprint” will fade within a day or two.

Your bite may also feel unusual, as your teeth have not touched together for several months. This sensation will also fade, but often takes up to two weeks.

You may now discontinue rinsing with Peroxyl and PreviDent[®] (unless you have a fixed appliance in your mouth).

RETAINER INSTRUCTIONS FOR AFTER YOUR EXPANDER IS REMOVED

DO:

Wear your retainer for 24 hours for one week, then after dinner and while sleeping thereafter. It is **very important** the retainer is worn at least 2 hours **before** going to sleep.

When putting your retainer in, you must push it up onto your teeth tightly. If it does not go on completely, wear it more often, and keep trying to push it on. Your teeth will move to fit into the retainer.

DO NOT put the retainer anywhere but **in the case** when it is not in your mouth.

DO NOT wrap your retainer in a napkin when eating, or leave it where a pet can get it because they **WILL** eat it!

DO NOT place the retainer in your pockets or in your purse unless it is in its case.

DO NOT clean your retainer with anything but Efferdent tablets or toothpaste.

DO NOT soak or clean your retainer with hot water – this **WILL SHRINK** your retainer.

If your retainer is lost or broken, please call the office immediately. There will be a fee for a new retainer.