

Post-Operative Instructions: Delivery of Implant-Assisted Palatal Expander

This treatment is technique and time-sensitive. In order to ensure the best outcome, do not miss any appointments with our office and follow these post-op instructions below.

CONTACT INFORMATION:

If you have questions or concerns during business hours, call the office at **202-393-6154**.

For urgent concerns after hours, such as excessive bleeding, persistent pain, or fever, contact:

- Dr. Raha Yousefi: (301) 537-3995
- Dr. Lucy Johnson: (585) 280-0054

For medical emergencies, call 911

DIET:

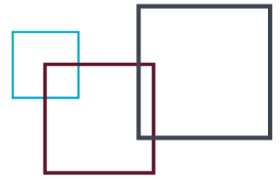
- Avoid spicy, sticky, hot, and crunchy foods for the first 5 days.
- Do not drink or eat hot foods. Heat can transfer to the mini-implants and can cause the bone around them to heat up and fail.
- Cool foods can be soothing and help with discomfort.
 - You can gently suck on ice to help reduce inflammation and keep the area cool.
 - Frozen watermelon is a great option. Let it soften slightly, then press or “smush” it against the roof of your mouth for a soothing effect.
- If needed, cover the top of your expander with wax prior to eating for the first 3-4 days in order to avoid tongue irritation and food impaction around the expansion screw.

ORAL CARE:

- Brush and floss your teeth thoroughly twice per day. Our doctors recommend a soft electric toothbrush like Oral-B iO.
- Brush your appliance along with the metal bars & screw in the same way that you brush your teeth.
- In addition to brushing, flush your appliance clean with a Waterpik twice per day.
- Rinse with water after each meal to clean your expander of food debris.
- Rinse with the prescribed mouthwash as directed:
 - If prescribed chlorhexidine rinse, start using it the evening after surgery:
 - Rinse gently, holding the solution in your mouth for 1 minute, then spit.
 - Use twice daily (morning and night) for 7 days only
 - If using StellaLife, follow the instructions on the package till gone.

RECUPERATION:

- Avoid strenuous activity (anything that elevates your heart rate or blood pressure) for 24 hours after appliance insertion. Nevertheless, we encourage you to remain active by walking several times per day.
- Avoid nose blowing for the first 24 hours after your procedure.
- Avoid any sort of contact sports or situations where you are at increased risk for facial trauma and/or injury during your expansion treatment.



MEDICATION:

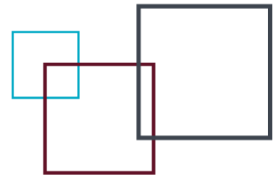
- If you do not have any contraindications or allergies, it is recommended that you take 200mg of Advil and 500mg of Tylenol Extra Strength immediately after the procedure. If it is contraindicated, your doctor will recommend alternative pain control medications.
- Take pain medicine before bedtime the day of your procedure and as needed during the activation stage of your treatment.

YOU MAY NOTICE:

- A tinge of blood in your saliva. If so, rinse your mouth with cold water. If you notice consistent bleeding, rest in a chair with your head elevated, apply a wet teabag to your palate, and contact us immediately.
- You may experience nasal congestion for the first few days after appliance insertion and even minor nosebleeds on the day of the procedure. These findings are normal.
- You may also have the sensation of something foreign in your throat immediately after the procedure. This is usually related to swallowing an anesthetic solution or gel. This feeling will clear up within 1 hour. If this feeling persists, it may be related to swelling due to an allergic reaction. Contact us immediately.
- You may experience pain and tenderness around your expander, in the anchoring teeth, nose, cheekbones or/and temples after insertion and activation of your appliance. This is normal.
- It is normal to feel pressure in the palate, upper front teeth, cheekbones, temples, and nose for a few minutes immediately after activation of your appliance. If you experience too much discomfort after activation, reverse 1-2 turns back in the appliance by turning the screw from the back to the front, and contact us immediately.
- You may experience pain and discomfort the first few days after appliance insertion and during bone opening. If pain does not subside within a few days of appliance insertion or severe pain develops at any stage of expansion, DO NOT TURN your appliance and contact us immediately.
- If you develop swelling and a pulsating pain on the palate, do not turn your appliance and contact us immediately.
- Your bite will feel off as the width of your palate changes.
- During the expansion process, the expander may fit asymmetrically, or it may shift to one side during expansion. This may result in palatal discomfort around the expansion screw on that side. This does not mean that the expansion will occur asymmetrically in the jaw or that you will not be able to expand. When you notice any asymmetry in the device, please notify your doctor and let your doctor decide if it is safe to continue turning.

CONTACT OUR OFFICE IMMEDIATELY IF YOU:

- If you hear a crack in the appliance, teeth or jaw.
- If you are unable to adjust your expander, if your expander gets loose or the key is lost.
- If pain does not subside after a few days of appliance insertion or severe pain develops at any stage of expansion.
- If you notice asymmetric expansion.



APPLIANCE ACTIVATION:

1. DO NOT start activation at home until 3-5 days after insertion of your appliance.
2. You will be given a key to activate your expander.
3. There is an etched arrow in the appliance pointing in the direction the key should be pushed.
4. Push the key from the top down till the key touches the edges of the lower incisors.
5. Complete ___ turns/day (___ in the morning and ___ at night) until you notice a space between your upper front teeth. Once a space opens, inform the doctor and slow down to ___ turns per day/week. Only turn the appliance as prescribed; deviating from recommendations can compromise clinical outcomes.
6. Please turn the appliance as instructed. Do not continue to activate your appliance beyond this time. At your next appointment, you will be told if your expansion is completed or needs to continue.
7. Each appliance has a set number of turns. Maintain your follow-up appointments so that we can monitor your progress and avoid complications associated with overturning the appliance.
8. It is critical to turn your expander every day during the active expansion stage. If you skip several days to activate your expander or continue turning after the screw is maxed out, you may cause complications and/or achieve a less than optimal outcome.
9. Contact our office immediately if you have difficulty turning your expander (unable to engage the key, too much resistance turning the appliance), experience pain or swelling in the area of the expander or if any of the appliance components feel loose.
10. The number of expander appliances you may need is individualized and dependent on two factors:
 - a. The amount of force needed to release the sutures (based on skeletal age and maturation)
 - b. The amount of skeletal widening/expansion you need (based on initial width deficiency)
- 11. If you feel too much pressure in the teeth or jaw or head after turning the appliance, and it does not subside within 10 minutes, you can reverse the turn by closing the expander back.**

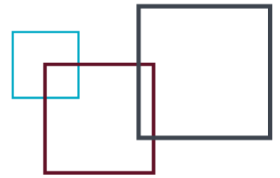
WHAT TO EXPECT DURING EXPANSION:

Speech:

Your speech will be affected, but this is not permanent. The best way to get used to this is to speak aloud as much as possible. For example, try reading aloud or singing.

Soreness:

1. Your teeth and the area of insertion of the palatal anchors may be sore for the first few days and/or during activation. To help with this, you may want to take what you would normally take for a headache. However, chewing and talking are the best ways to get your mouth used to this new feeling.
2. You may experience pressure or tingling of the mouth, tongue, cheeks, nose, or front upper teeth right after turning your appliance. Your teeth may become sensitive to biting/chewing.



WHAT TO EXPECT DURING EXPANSION (continued):

Diastema (Space Between Your Upper Front Teeth):

1. As the palate expands, the teeth will not fit together properly, and your bite will feel “off”. This is normal.
2. You will develop a space between your top front teeth as a result of turning your expander.

Although this is a good sign from the standpoint of your treatment, it can be disheartening from a cosmetic point of view. By the time you stop turning the screw, the space may look large enough to fit another tooth. This space should close partially by itself and partially with braces within a short period of time after completion of appliance activation.



Retention:

Your speech will be affected, but this is not permanent. The best way to get used to this is to speak aloud as much as possible. For example, try reading aloud or singing.

Braces/Aligners:

Part of this protocol is alignment of the teeth with the objective to close the post-expansion space between your upper front teeth as well as to establish a functional, stable bite. We will inform you on the timing of the placement of your orthodontic appliances. They may be delivered prior to insertion of your expander or 1 month after expander delivery. Orthodontic tooth movement may take 12 -24 months.

Frequency of Orthodontic Appointments:

During the expander activation stage of your treatment, we need to see you every 2 weeks. Once expansion is completed, you will resume your orthodontic appointments at 4-6 week intervals.