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## **Palate Expander (RPE)**

- Your expander should be turned as we demonstrated
- You may notice a difference in your speech in the first few days after your appliance is cemented. The more you speak, the faster you will be accustomed to the appliance, and the faster your speech will become normal again.
- You may also notice more saliva than normal in the first few days. This is also normal and will soon disappear. Eating may be awkward at first. You may want to stick with soft foods for a day or two.
- Your expander is designed to widen your upper arch. As a result, you may notice a space in between your front teeth. Do not be concerned because this will only be present for a short time.
- The appliance may also make your teeth a little sensitive and sore due to the pressure involved. It is also normal to feel brief pressure at the nose and cheeks. If you feel uncomfortable, we would suggest that you take whatever medication you would normally take for a headache.
- If you have any questions or concerns, feel free to contact our office at any time!