



Rapid Palatal Expansion

Instruction guide

About your RPE

A rapid palatal expansion (RPE) is a fixed appliance designed to widen the upper jaw (maxilla). It will be in place for approximately 6-12 months (or desired results achieved). You will be seen by the orthodontist approximately every 6-10 weeks. You have been given a key for the widening. Follow the direction of the arrow all the way to the back to make one turn with the key.

What to expect

As the RPE is fitted inside the roof of the mouth eating and speech will be different at first. An increase of saliva production is expected and will settle down quickly.

It is normal for a gap to appear while creating space and will be corrected later.

Your mouth may feel tender after an adjustment and normal pain relief can be taken if required.

A soft diet for a few days after your visit can help with any discomfort.

Sticky foods like toffee should be avoided as it can remove your quad helix.

Hard foods like carrots and apples are ok chopped up into small bite size pieces. Avoid corn chips, popcorn, hard crackers, etc which can loosen the glue.

Drinking may take some practice. Small sips of water from a water bottle will help. Lots of talking, reading out loud and singing will help your speech to adjust quicker to the appliance.

Caring for your RPE

Use a toothbrush with a small head to clean in and around the appliance.

Drink or rinse with water if unable to brush after eating.

YOUR TURNING SCHEDULE: _____turn(s) per day for approx_____days

PLEASE CONTACT US WITH ANY QUESTIONS OR CONCERNS

Continue to visit your general dentist 6 monthly



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