



Expansion Appliance Instructions

The “Biobock Expander” appliances are designed to expand your jaws to a far more ideal width and advance your teeth to their ideal location in your face. This will give your tongue enough room to be properly positioned to the roof of your mouth at rest.

HOW DO I INSERT IT?

The appliance is first inserted on your LEFT side and then pivoted to insert on the right side. It should be inserted with thumb or finger pressure on the plastic in the area of the clasps with a side push motion that helps the clasp on each side roll over the tooth.

A scratching sound as the appliance is inserted signals a nice tight fit of the clasp that will assure the appliance stays in place. It should always fit to the roof of the mouth and be very difficult to remove when it is properly in place. Finally it is very important to push the appliance home hard 3 times to ensure a correct fit.

Your appliance should not be inserted by biting it into place. Doing so may result in bending or breaking of the metal clasps that hold it in place.

Always and only insert your appliance using fingers and thumbs!!

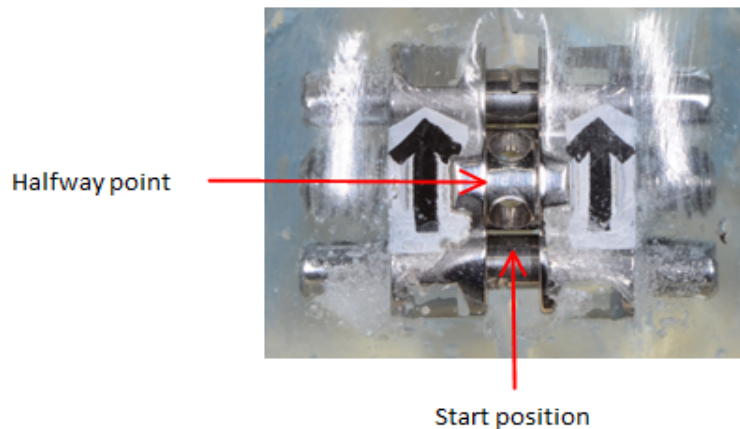
Removal is generally best done pulling on the right clasp with a very fast motion that causes the clasp to flex quickly so the appliance comes out easily with no damage to the appliance and little or no discomfort to you.

HOW OFTEN DO I ACTIVATE THEM?

The appliances are activated by inserting the small metal key 1-2 mm into the hole of the expansion screw and turning towards the direction of the arrow. This results in a very slight sense of tightness as the appliances are reinserted into the mouth. The following expansion rates are very important and should not be accelerated.

Upper: ½ of a turn along the arrow per day

Only a HALF rotation along the arrow each evening



Lower: 1 turn along the arrow, 2 times per week

If either of the appliances do not seat fully in the mouth, back the screw off a little bit until it seats and resume the normal activation schedule.

An appliance that does not fit tight will NOT expand arches. STOP activating the screw and call us to come in as soon as possible for us to make the necessary adjustments.

HOW CAN I TALK WITH IT IN MY MOUTH?

Speech may be challenging initially but rapidly improves with practice. We strongly advise slowing your speech a bit initially and reading out loud for 10-20 minutes every evening until you become totally used to talking with the appliance.

Tip: "LOUD and SLOW!"

HOW DO I EAT WITH IT IN PLACE?

The appliances should be in place when eating and removed only to clean. Each chewing stroke helps push the appliances in place. This only enhances the effectiveness of the expansion. We advise the first few meals be food you like which is soft and really would not require teeth to eat. Swallowing may be difficult initially, but becomes easy with time and practice. In time you will eat very well with the appliances in place.

Tip: Always swallow with your teeth together.

WHAT IF I GET A SORE IN MY MOUTH?

Occasionally, as the teeth move, the plastic part of the appliance will dig into the roof or floor of the mouth a bit and make a sore. There may be some discomfort and swelling of the tissue involved. A small ridge of gum tissue is normal on the palate where the acrylic ends. It will go away very quickly

when we are through with this part of the treatment. Keep the appliance in the mouth, but stop activating the appliance or turn back the screw slightly if a sore occurs. When the sore heals enough to no longer irritate, resume your activations.

If a sore does continue to develop please feel free to use the coarse side of an emery board to remove a small amount of the plastic. This is nothing to worry about but do contact our office and let us know as we can make the appropriate adjustments for you.

HOW DO I CLEAN IT?

The appliance is cleaned with cold water, toothpaste, and a toothbrush when you brush your teeth. To minimize sores in your mouth, keep the appliance clean!

Do not forget to rinse your mouth after each meal too to keep food debris from collecting around your teeth and appliances!

HOW LONG DO I HAVE TO WEAR IT?

Properly worn and activated, most patients will wear these appliances between 9 and 12 months. Improper wear or activation may increase that time dramatically.

REASONS FOR A CALL TO THE OFFICE:

A sore in the mouth that you cannot fix with an emery board or an appliance that does not stay in the mouth properly are reasons to call our office.

THE APPLIANCES MUST BE WORN ALL THE TIME OTHER THAN WHEN CLEANING!