

### **Arnold Expander: How to care for your lower expander**



**When:** You will wear your expander 24 hours per day. You should eat, sleep and live in it! You may NOT take it out at anytime. Dr. Cooke is the only one who may remove the expander. In fact, it is cemented in, so you should not even try to remove it.

**Activation:** Dr. Cooke will do the activation on this expander, so you will NOT have to do anything but keep it clean.

**Food:** You will wear your expander when you eat. You must brush both your teeth and the expander after your meal, but the expander must always remain in your mouth. When you are eating, food may get stuck in and around the wires. Take a drink of water and swish it around and the food will be washed away. You will learn how to deal with food in your wires as you go.

**Care:** Brush your expander when you brush your teeth. Brush along the gum line so that your gums do not become infected. You will need to use a fluoride rinse each night for maximum protection.

**Rough spots:** We try to make sure everything is smooth before you leave the office. However, your tongue and lips can find areas that we can not. Please put wax over the rough spot. If the irritation does not go away, please call the office so we may adjust the appliance.

**Why an Arnold Expander?** The Arnold Expander is an effective and efficient appliance that creates room in the lower jaw. It is cemented in so that parents do not have to worry about whether the patient is going to lose the appliance and it will work 24 hours per day.

**Sequence of events:** First we place separators and scan, then 2-3 weeks later we cement the expander.

*Please contact us with any questions you may have!*