BEACONSFIELD
DENTAL

AFTERCARE

EXPANDERS · AFTERCARE GUIDE

So you just got your orthodontic expander, what's next?

Your expander has now been fitted. It may feel strange at first, but this is normal and you should gradually get used to it over the next few days.

What will I notice?

For the first few days, it is normal to experience:

- Mild pressure or aching around your teeth, jaw or palate
- Slight changes to your speech
- Irritation of your tongue or cheeks
- Extra saliva
- Food getting caught around the expander
- Difficulty eating certain foods while you get used to the appliance

You may also notice a small gap developing between your upper front teeth. This can be a normal part of expansion. Your dentist will let you know what to expect during your treatment. These symptoms should generally become easier as you adjust to your expander.

Aches and pains

Some pressure or mild aching is normal, particularly after turning the expander. You can try:

- Eating soft foods.
- Drinking cool water.
- Using a cold pack against the outside of your face for short periods.
- Taking appropriate pain relief if needed and suitable for you.

If you are unsure which pain relief is appropriate, ask your pharmacist, dentist or doctor.

If you have been provided orthodontic wax, you can place a small amount over the area that is rubbing. Your tongue and cheeks may take a few days to get used to the new appliance. A gentle warm salt-water rinse can also help soothe minor irritation. If the rubbing is severe, causes a significant ulcer or does not improve, please contact us.

Turning your expander

⚠ **Only turn your expander exactly as instructed by your dentist.** If you are unsure whether you have turned the expander correctly, stop and contact us. Please don't perform extra turns or try to correct it yourself.

Eating with your expander

Your mouth may feel more comfortable if you eat soft foods for the first few days. Try to cut food into smaller pieces and chew carefully.

Good choices

- Pasta and soft noodles
- Rice
- Eggs
- Yoghurt
- Smoothies
- Soft fruit
- Cooked vegetables
- Soup
- Soft fish or meat

Please avoid

- Hard foods
- Sticky foods
- Chewy foods
- Hard lollies
- Chewing gum
- Ice
- Biting directly with your front teeth

These foods can damage or loosen your expander.

It is also important to limit sugary foods and drinks, particularly between meals, as food and plaque can collect around orthodontic appliances.

Keeping your expander clean

Your expander creates extra areas where food and plaque can collect, so keeping it clean is very important.

- Brush your teeth at least twice a day.
- Carefully brush around the expander, bands and wires.
- Pay particular attention to the areas where the expander meets your teeth and gums.
- Rinse your mouth with water after eating.
- Use an interdental brush (Piksters).
- Continue seeing your regular dentist for check-ups.

Don't worry if cleaning feels difficult at first. It will get easier with practice.

Any questions? Please give us a call.
Our friendly receptionists would be happy to help.

(03) 9707 3508