

Hyrax

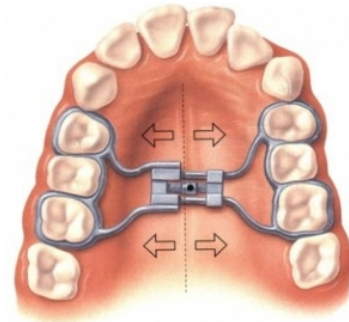
or Palatal Expander

The appliance given to you will widen (expand) your jaw. The key that we gave you fits into the appliance. The key is placed into the key hole and pushed backward as far as it will go, you will see a new hole appear so that the key can be put into the appliance for the next turn. Either you or your parent can turn the expansion screw with the key.

**The schedule for turning the appliance with
the key is as follows:**

1 turn once a day for 28 days for 4 weeks =

Total of 28 turns



1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Use this turn tracker to help keep track of your turns. Please follow the suggested schedule. Too many turns may cause discomfort. Should you miss a day, do not turn twice. Do not turn more than once a day! Also, please note that too few turns will not produce the desired result.

Your teeth, cheeks, and tongue will be tender for a few days after the initial placement. This tenderness is like a sore muscle. By chewing on soft foods it will help to work the soreness out.

As you begin to get some expansion, you may notice **a space developing between your two front teeth**. This is normal... Do not be alarmed. Dr. Waters will close this space as you go through treatment.

It may be difficult to say certain words. Talk slowly and enunciate your words. Within a few days you won't even notice your speech being any different. Reading out loud is helpful.

For the first few days stay with softer types of food (potatoes macaroni and cheese, hamburgers, tuna, yogurt, etc.) Also, cut meat into small pieces. Avoid chewing gum or other types of sticky candy that could loosen the appliance.