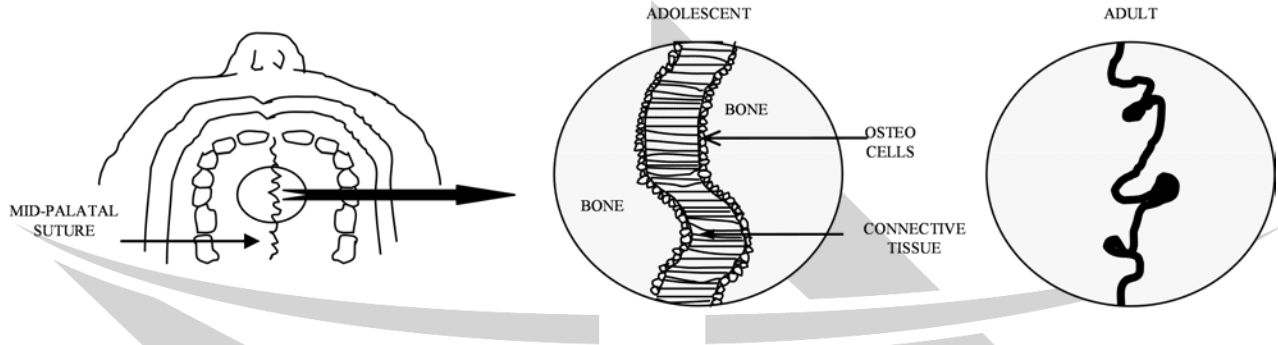
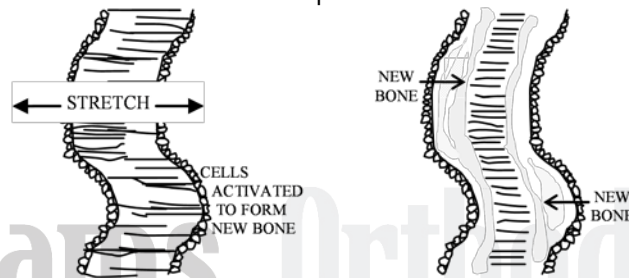


Rapid Palatal Expansion (RPE)

Rapid palatal expansion (RPE) is one of the more common methods to correct dental crossbites and crowding. Crossbites are most often due to a true constriction of the maxilla (upper jaw). This expansion is accomplished by attaching an appliance to the teeth and expanding the palate by turning the screw-activated appliance. This gently moves the halves of the maxilla apart at the midpalatal suture.



In an adolescent, the midpalatal suture is not fused together and stretching the connective tissue fibers induces the *osteo cells* to form new bone which stabilizes the expansion.



You will turn your appliance _____ times every day for _____ weeks.

To watch a video, go to www.bracesquestions.com, and choose the blue "Videos" tab then click on "How to Turn a Palatal Expander".

- Each turn will widen the suture .25mm, the patient will feel a little pressure after each turn.
- A gap will form between the two front teeth – this means its working!
- Avoid eating sticky and hard foods that may loosen the appliance.
- If the appliance is rocking on the teeth, please call the office. It may need to be recemented.
- After you are finished turning the appliance, it will need to stay in the mouth to allow new bone to form in the suture.

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