RPE (upper) and Schwarz (lower)

A **rapid palatal expander (RPE**) is a quick working appliance to make your upper jaw larger by expanding the two bones of your palate into a bigger size. You might see a space develop between your front teeth as it works.

This appliance will make your upper jaw feel pressure. It should not be a sharp pain. If it is a sharp pain, stop turning and make an appointment to see the doctor (this is extremely rare).

The **Schwartz** has plastic and wires to push on the teeth and gums to remold the shape of the bone and the position of the teeth. If this appliance is worn all the time the expansion will usually be complete within three to six months.

Always turn the expander as directed until your next appointment. If you miss your appointment you should **STOP** turning.

If the appliance should make a sore in your mouth, please call and make an appointment.

If your appliance has an expander, please follow these directions.

Upper Jaw: 1 turn every _____day(s), for total of _____turns, then STOP.

Lower Jaw: 1 turn every _____day(s), for total of _____turns, then STOP.

Please mark each day you turn:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Please bring this sheet back with you at your next visit. Thank you!

Today's date: _____

If you ever have questions about your appliance, never hesitate to ask your orthodontist. We want to ensure that your orthodontic journey is as smooth as possible.