

RPE (Expander) and Crossbow Instructions

- Do one turn daily for 14 days
- Try to do the turns at the same time every day. If you are turning in the evening, try to do it at least one hour prior to bedtime to allow the pressure sensation to subside before falling asleep.
- A small space may open between the front teeth as the appliance expands. This is normal. The space indicates we are achieving true expansion of your upper jaw.
- After 2 weeks Dr. White will take a measurement and let you know how many more turns are necessary
- The appliance may initially cause interference with speech. Reading out loud and talking will help with adapting to the appliance.
- Use the sulcabrush every day around all the grooves of the appliance to help keep it clean

Please contact our office if you have questions or concerns 519 763 3252