

## WHAT TO EXPECT

You may experience some discomfort and mild tenderness of your teeth and jaw muscles at the beginning when your appliance is inserted. Paracetamol can help relieve this discomfort.

You will find excessive saliva for the first few days until your mouth and tongue accepts the new appliance.

Your speech and swallowing motion may be affected with this appliance in place. These are only temporary and will lessen as you become familiar with your CBJ.

To help become familiar:

- Practice speaking out loud
- Swallow your saliva and/or sip water consistently throughout the first day

If you have an RME as well, you may feel some slight discomfort such as:

- A pushing sensation on your teeth
- A tingly/itchy feeling in the roof of your mouth or the bridge of your nose
- Pressure on your teeth, middle of the palate, in your nose or cheeks
- Mild headache
- Your bite feeling off or doesn't fit together properly

These discomforts should lessen as your treatment continues. A temporary space may develop between your two upper teeth. This will close again after the palate has been expanded.

## ORAL HYGIENE

Brushing your teeth with a CBJ in place takes a little bit more attention

1

Using soft tooth brushes only, brush in small circular motions, for approximately 10 seconds in each area before moving onto the next area.

2

Always clean around all the parts of the expander every day. Don't forget the inner surface and the chewing surfaces of your teeth.

3

Always flush the area with water or mouthwash to ensure that any food or debris lodged under the appliance (or in the key hole is flushed out, especially before completing a turn if RME was inserted)

4

Pay extra attention to the junction between the teeth and the gums where the bands are attached.

## FLOSSING

Flossing every day is recommended for everyone! Be careful when flossing not to pull on the appliance.

## EATING AND DRINKING

Avoid eating anything sticky, hard, crunchy or sugary as it may become stuck around your appliance.

If anything becomes stuck, do not try to dislodge with a toothpick, instead flush with water or mouthwash until it becomes dislodged.

Try to avoid foods such as:

- Popcorn and seeds, as they can become lodged beneath the band and could cause painful infections
- Caramel
- Chewing gum
- Hard lollies
- Nuts

## GENERAL CHECK-UPS

Besides your appointments with your orthodontist, it is important to attend your 6 monthly check-up appointments with your general dentist.

These check-ups are an important part of keeping your teeth healthy, especially when you have an appliance on.

## HOW TO TURN THE RME

Your orthodontist will advise the start of the expansion and demonstrate your first turn at your appointment.

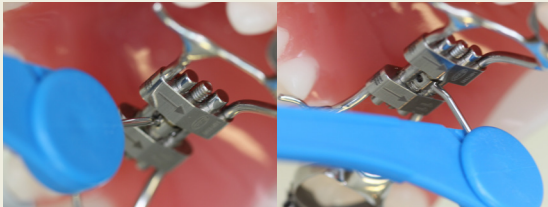


### STEP ONE

Have the patient in a position where there is adequate lighting and the expander is clearly visible. Lying down and using a torch often helps.

### STEP TWO

Open the mouth as wide as possible, this will also reduce the gag reflex.

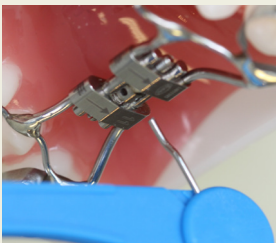


### STEP THREE

Place the RME key in the centre hole and turn following the direction the arrow points to on the expander.

### STEP FOUR

Turn the expander all the way until the next hole is fully exposed. Normally one turn a night, from the front of plate to the back.



### STEP FIVE

Carefully and slowly, remove the key in a down (towards the tongue) and back (towards the throat) direction. Be very careful not to reverse the turn when removing the key.

No. of turns advised a day:  
No. of turns to complete in total:

## CAUTION

Try to avoid skipping any days of turning the expander. Keep track of how many turns you have completed, if you miss a day, **DO NOT** double up! Your orthodontist will prescribe and inform you how many turns need to be completed. **DO NOT** overturn!

## EMERGENCY

Call the clinic right away if anything breaks or feels loose on the appliance, an appointment may need to be scheduled to fix your appliance.

Keep any part of the appliance if it happens to break off and bring to your appointment. Your orthodontist may give you a custom allen key, used to reinsert or remove a loose appliance arm in order to manage it at home before coming into the next available appointment.

Never hesitate to call our clinic if you have any questions or concerns!



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# TAKING CARE OF YOUR CBJ/RME

(CANTILEVER BITE JUMPER)

(RAPID MAXILLARY EXPANDER)