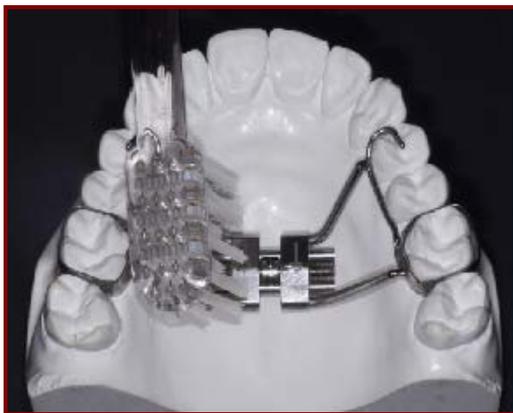


## cleaning your RME □

Your RME should be cleaned every day, morning and night. Ensure sufficient time is allowed to clean thoroughly around the RME, gums and teeth, 3 minutes is recommended.

Disclosing tablets are to be used once a week for the first month, to identify problem areas with brushing. To use, brush your teeth for 3 minutes, chew on a tablet and spit out remains, look in the mirror and whatever is stained a deep pink colour is not clean, then you must go over and brush your teeth to remove all the staining. This will show you where you are missing each time you brush.

When at school, rinse your mouth out with water to remove any remaining food after you eat. You can use the water bottle provided.



## turning □

You will turn \_\_\_\_\_  
(to be noted at your issue appointment).

It is a good idea to write or mark on a calendar or put a reminder on your phone, when you have to turn. If you miss a day, do not try to catch up, leave that day and continue as normal.

## what we give you today □

RME key - please keep it in a safe place, if you misplace it, please let us know as soon as possible

4 disclosing tablets - to aid in brushing, instructions found under "cleaning your RME".

Toothbrushes - one for home and a travel toothbrush which can be kept in your school bag or car ready for your appointments.

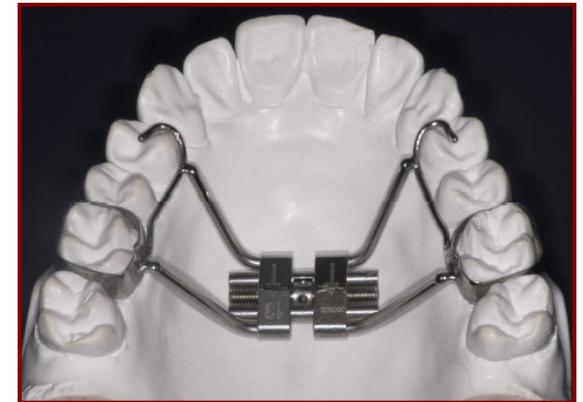
Toothpaste - to help you clean your teeth.

Wax - gives your cheeks time to heal, and remember to dry the area first.

3 minute timer - this is to be used each time you brush your teeth to ensure that you are brushing for the correct amount of time.

Water bottle - to fill with water, use after eating to help wash away any food that got caught while eating.

## instructions for rapid maxillary expander (RME)



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## what does the RME do? □

The RME is used to widen the upper jaw. It works by "rapidly" widening the suture between the left and right sides of the jaw, in a growing person.

## expanding your RME □

To create expansion with your RME, you will be required to use a key to adjust it a few times a week, according to your Orthodontist's instructions. If you miss a turn, just continue as if you did not miss one, to avoid confusion. Turning is best done before bed so that you get used to the expansion over night.



RME key

When expanding your RME, it is easier lying down on your back on a flat surface, in an area with plenty of light so that you can see clearly.

Located in the center of the expander there is a little keyhole, with arrows either side. These arrows show the direction the key needs to be pushed. Make sure you do a full turn, otherwise you will lose the hole.



1 Place key in the front hole of the RME, with the handle touching the upper front teeth.  
2 Push the key towards the back. Stop when the handle will not go any further.



3 Remove the key by pushing downwards and backwards to avoid undoing the turn.

## eating □

Eating will be difficult for the first few days even up to a week. It is a good idea to cut all foods into small pieces. Avoid eating chewy lollies and foods such as chewing gum, toffees, red skins, etc.

## what to expect □

Minimal discomfort may be encountered as the RME is being turned, you can feel either a tight or a pushing sensation, which will subside in a few minutes.

Note: all side effects will improve with time and practice. Most people adjust quite well after the first week. So remember, things do get better if you give yourself time to get use to it!

## speech □

In the first few days your speech will be altered and you will produce extra saliva. This will reduce with time and practice. Reading out loud for 5 to 10 minutes a day will help you get your speech back to normal again