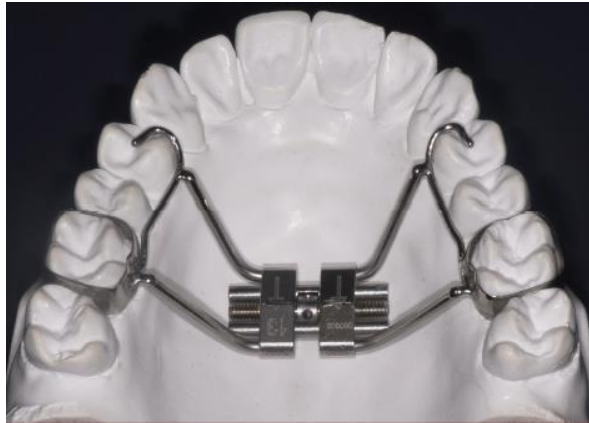


instructions for rapid maxillary expander (RME)



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 while you sleep.



RME key

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

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

You may notice a space opening between the two front teeth, this is an indication that the expansion is working correctly. This may not happen to everyone.



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 felt 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 used 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.