



## YOUR QUAD HELIX EXPANDER

Here are a few things you should know:

- Your Quad Helix Expander is custom fit to widen your smile
- You may feel some pressure for 2-7 days after the Doctor has inserted or activated your expander
- You may find it difficult to speak for a few days. Don't worry, most patients are speaking normally after a few days.
- You will have to get used to eating with your expander. Most patients need about a week.
- Clean your expander with a toothbrush and a WaterPik.
- Use mouthwash. I recommend Crest ProHealth.
- If something feels wrong or the expander feels loose, please call the office as soon as possible.
- This type of expansion appliance is usually in place for about 6 months. However the time may vary due to a patient's response to the expansion forces and the degree of severity of the problem.