**Rapid Palatal Expansion Appliance (R.P.E.)**

The R.P.E. is designed to expand the width of the upper jaw. This expansion is extremely stable and has minimal potential for relapse. The R.P.E. is cemented in place with bands that attach to the teeth.

With the activation of this appliance, the patient can expect to experience some pressure across the bridge of the nose and cheekbones. This pressure should disappear within a few minutes after the R.P.E. is activated. The patient also may notice a space developing between the upper front teeth that will increase in size during this activation period. This space is normal, and in time this space will decrease in size.

Some DO’S and DON’TS…

**DO:**

1) Activate the appliance with the patient lying on a bed or couch with his/her head tipped back.

2) Use a flashlight or tensor lamp to help make it easy to see the appliance during the activation.

3) Place the string around your wrist so that if the key is disengaged during activation, it can be easily retrieved.

4) Do each activation slowly.

5) Eliminate hard and crunchy foods from the patient’s diet.

6) Cut up stringy foods, such as lettuce, celery, and spinach.

7) If you notice that the R.P.E. has become loose, phone our office immediately for an appointment.

**DON’T:**

1) Don’t activate the appliance more often than instructed by   
 Dr. Steinhoff. Also, if an activation is missed, wait until after the   
 normal activation period is completed to make up for that missed   
 activation.

**Activation Schedule:**

Once a day / Once every other day for \_\_\_\_\_\_\_\_ days

beginning \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Without your cooperation with the above instructions, there can be little, if any, improvement. With good cooperation, you can achieve the maximum result in a minimal amount of time. Teamwork between the patient, the parents, and the orthodontist is essential in order to obtain the best results. If you have any questions, please do not hesitate to ask at your next appointment or just call our office.