

RAPID MAXILLARY EXPANDER (RME)

In some orthodontic cases there is a need to expand the width of the upper arch (maxilla) so that it fits correctly in relation to the lower arch. An orthodontic force is applied to the upper arch that causes the separation of the seam in the centre of the palate. Once the expansion has occurred, the two halves knit back together as new bone is laid down thus making the upper jaw wider. This creates more room for erupting teeth and corrects crossbites.



The appliance used to expand the upper arch is called a Rapid Maxillary Expander (RME). As the RME is custom made for each patient a series of three appointments are needed for its construction. The RME is cemented in place and the screw mechanism is turned at home following the turning regime we will give to you.

WHAT TO EXPECT

At first the RME will feel strange and take a little while to get used to. Changes observed may include difficulty in swallowing and talking and an increase in saliva production. Within a few days these things will all settle down. A significant space may develop between the upper front teeth. This is temporary and will usually begin to close automatically when the RME is no longer being activated. Although it is rare, there is a slight risk that a blood nose may occur during the expansion phase. If this occurs, administer the usual recommended first aid to stem bleeding.



KEEPING IT CLEAN

Brushing your teeth will now take a little longer as you must ensure that you brush your RME as well. You will be given a special toothbrush to help with the cleaning when your RME is fitted. As your tongue will rest on the RME it will be important to brush your tongue also.

WHAT CAN'T I EAT?

While the RME is in place there are certain foods that must be avoided as they can cause the RME to dislodge. These foods include chomping on iceblocks and all **chewy** and **sticky** foods such as:

- Toffees and caramels
- Chewing gum and bubble gum
- Minties, fantails, redskins etc

You may find that some foods such as bread and pasta get stuck between the RME and your palate. Ensure that you brush really well in order to remove any food.



**If you have any queries
please don't hesitate to
call us on (08) 93716088**