

Rapid Maxillary Expander Appliance

PERFECT SMILES ORTHODONTICS



Now that you have a Rapid Maxillary Expander appliance, you may have some questions you would like answered:

What is a Rapid Maxillary Expander (RME) Appliance?

The RME is a metal plate which is fixed onto the upper jaw (maxilla). It is termed a "Rapid" expander because it widens the upper jaw in less than 30 days. During this time, the expander actively pushes on the both sides of the top back teeth to expand the jaw.



How much do I need to wear the RME Appliance?

The RME is permanently fitted onto the top teeth and must stay in your mouth for at least 6 to 9 months for the treatment to work.

Once RME treatment is complete, you will be provided with a retainer to wear.

What about the screw in the middle of the RME?

The expansion screw must be turned in the mouth as follows:

- 2 turns a day for the first 2 days.
- 1 turn a day thereafter.
- You will be required to see Dr Chin every 2 weeks during the expansion period. Dr. Chin will instruct you when you can stop.
- Expect to see a gap between the 2 front teeth whilst the RME is being expanded. This will close up in a few

What about eating?

You must avoid ALL hard, sticky and sugary foods- such as nuts, bubblegum and lollies- as they can damage the RME.



Will it be painful?

It is likely to be uncomfortable for the first 2 weeks days after the RME is placed in your mouth.

You can also expect the following during the first few days:

1. Mild tenderness of your teeth and jaw muscles. This will disappear after a few days.
2. Increased salivary flow and swallowing. This is normal and will quickly pass.
3. Your speech will be different. Practice reading out loud at home and your speech will return after a few days.

How do I take care of the RME?

Brush your teeth three times a day and use a fluoride mouthwash at night.

Clean the entire metal plate with a small interdental brush and check after brushing to make sure it is shiny.

Before and After Treatment



Before Treatment



After 9 months of treatment